



# Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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## A Mother's View on Bullying



**Click for video: Carol McCloud shares about this week's e-newsletter**

October is upon us and most children have been in school for over a month by now. If your child has never been on the receiving end of another child's mean or cruel behavior (bucket dipping), consider yourself lucky. It's almost impossible to listen to the news or scroll through social media without hearing about bullying. The possible explanations for bullying (intentionally harming or humiliating another person) are many, but that doesn't make it any less painful when it's your child who is being mistreated. It hurts.

The natural reaction for any parent would be to defend their child and of course you should. But I would like to propose that in doing so, you refrain from labeling the other child as a bully. As adults, especially those who want to model positive behavior, we need to address the poor behavior without

using negative labels. Calling someone a "bully" is no different than any other name calling. Your message should be that the other child made a bad choice, not that he or she is bad.

You can also teach something important to your child through this negative situation, that is, that people are not always nice. Most people are bucket fillers most of the time and treat others well, but not always. Help your child understand why we need "lids" on our buckets to protect our good thoughts and feelings when someone is dipping, or trying to dip, in our bucket.

I love the following quote:

*"In My World, there are no bad kids, just impressionable conflicted young people wrestling with emotions and impulses, trying to communicate their feelings and needs the only way they know how."*

-Janet Lansbury, Author

We make the world a kinder place by teaching and recognizing positive behavior and avoiding negative labels. When we label a child "a bully," we are saying that we don't believe they can make better choices. They *can* learn to meet that expectation. When we understand the empty bucket behind the bullying behavior and role model and incorporate kindness as a daily expectation from ALL children, regardless of past behaviors, the need to focus on anti-bullying campaigns will decrease.

Happy Bucket Filling,

A handwritten signature in black ink that reads "Sandy". The script is cursive and fluid.

Sandy Richardson, Mother of 4 and Bucket Fillers' Staff Member

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