

Bullying and Your Smile



How do I deal with any social challenges that come with dental treatment?

Bullying is in our schools, playgrounds and where children congregate together. Unfortunately, our children are often afraid to tell us if they're being bullied, and are generally not equipped to handle the situation.

To learn that your child is being bullied, over their braces or dental treatment, is worrisome. As a parent, you've made the financial investment and time commitment to look after your child's oral health, so they grow up with a healthy bite and attractive smile.

Despite braces being popular, some bullies target children wearing braces. As parents, the experts tell us to focus on equipping ourselves and our children with the means to deal with bullying. This means education and the resources where to turn for help.

Everyone Has a Role to Play in Erasing Bullying.

Report Bullying BC [www.EraseBullying.ca] through the BC Ministry of Education has an online reporting tool for a student to report being bullied and to find out what a student can do.

Students can also report if they have witnessed bullying and learn what they can do to help. Bullying is serious and can come in many different forms:

- Physical
- Social and emotional
- Verbal
- Cyber

But how do you know if your child is being bullied?

As a parent, you notice the slightest change in your child's behaviour or emotions. Some of the signs to look for include:

- Not wanting to go to school.
- Makes negative comments about him/herself.
- Drop in grades.
- Unhappy and irritable.
- Complains regularly of stomach aches, headaches, and other physical symptoms.



At www.EraseBullying.ca parents will find information on topics such as:

- Tips for talking with schools, if your child is being bullied.
- What you need to know about cyber bullying.
- Parent's guide to internet slang.

Self Esteem After Dental Treatment

Every parent experiences the joy and anguish as our child progresses through each stage in life and onto the next. Thinking back to the stubborn toddler who vexed you at every turn in potty training, and wondering if your child will catch on, you're reminded that - they do. Similarly, many studies following up with children who had braces or restored teeth report not only improved oral health but significant enhancement of an individual's self-esteem.

"One of the most important things we can teach our children is to teach them to care about everyone and everything around them. we need to teach them to be responsive to what happens in their world, and not to be passive."

~ Reza Nouri

