



How to: Encourage Inclusivity in Children

Did you know that exclusivity is a form of bullying?

Without support, a child that is constantly excluded may begin to believe that he or she has no value or worth.

Whether you are a parent, teacher or care giver, there are a number of ways in which you can encourage children to be inclusive of others. Especially when it comes to children with disabilities.

It starts with you.

Firstly, you need to be mindful of your own attitudes towards people with disabilities. Remember, children will watch and listen to every thing you do.

Encourage reaching out.

Prompt your child to make the kids around him or her feel valued. If there is a new addition in the class, or perhaps a child is eating lunch alone and appears lonely, encourage your child to reach out and strike up a friendly conversation.

Individuality should be supported.

Just because someone looks or acts different, doesn't mean that they should be treated differently. Every individual is unique and has something to offer to the world. Once your child understands this, he or she will be less likely to reject others in social situations.

Empower your child.

There are thousands of resources available these days to assist you in empowering your child to accept the differences of others. Try find a book, or perhaps a movie or video that you like that promotes embracing our differences.