

# Join us for our 5<sup>th</sup> Annual Breakfast with Santa



Saturday,  
December 12<sup>th</sup>

8 to 10 a.m.

Free Breakfast

Free Music

Crafts

Small Gift

& A Special Visit  
with Santa!

Zona Rosa in Kansas City

Seating is limited to 125, so don't wait,  
reserve your spot today!

This event is only for families who have a child with special needs. Limited to 125, e-mail [Stephanie@pcwsn.com](mailto:Stephanie@pcwsn.com)  
**Subject: Breakfast with Santa.** Please include child's diagnosis and number of adults & children to attend. **RSVP is a MUST.**

Children must be under 18 and max of 2 adults.  
Please let us know if you need special arrangements.

## Tips for Talking to Your Child with Special Needs About Bullying

| By Gabriella van Rij |



Along with growing up comes bullying, unfortunately. But the issue can be even more challenging for children with special needs, whether physical, medical, mental, or psychological.

When addressing this difficult issue with a special needs child, there are important things to keep in mind.

**1. When your children comes to you to talk, realize three very important things before hand:**

- This is your chance to be the difference in your child's life – communication is vital!
- Do not interrupt them and start talking about “In my day...” Your child will tune out, be disappointed, and will likely storm out of the room.
- Keep your advice minimal and just listen. Try to really hear where they are coming from and how they are feeling before offering advice.

**2. There's one very important thing special needs kids can do to stop bullies in their tracks** - own their uniqueness and truly accept who they are. If we can teach children to accept who they are both internally and externally, their attitude will shift. People who are accepting of themselves project confidence and security and do not get bullied.

**3. Recognize that smartphones are full-fledged computers** and can be weapons in the hands of children.

**4. Spend time with your children exploring social media together.** Take the time to teach basic etiquette. Remember you are the example, and they likely see your Facebook too. ✨

**About Gabriella VAN RIJ** The leading voice of the Kindness movement, Gabriella works to spread the message that we are all unique and we each have something to offer the person next to us. She has a non-profit 501(c)(3) foundation in the US. She is the author of *I Can Find My Might*, a part self-help, part practical resource for students, parents, and educators on bullying and self-acceptance.