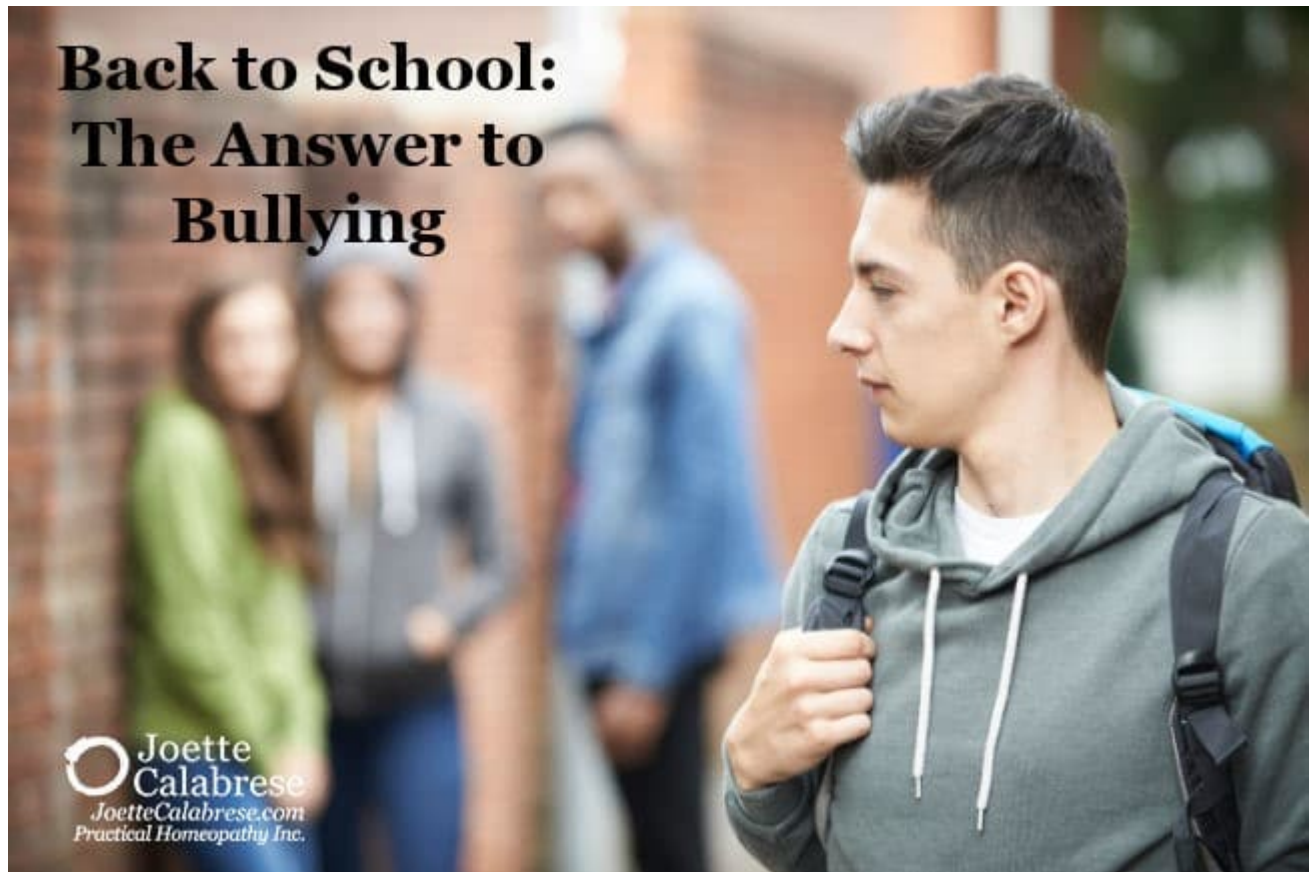


Back to School: The Answer to Bullying



It's back-to-school season – often a complicated time for both students and parents.

There's a lot to contend with: new curriculum, new supplies, new clothes, new friends, new teachers and new life lessons.

One of those life lessons can be learning how to react to bullies.

As a parent, I understand your being concerned if your child has been mistreated by his or her peers.

However, coping with unpleasantness, teasing and bullying is

an inherent part of their growth. Have faith that your child will shape him/herself accordingly.

As humans, we all need external pressure to develop our ability to adjust and mold our relationships. It's not unlike exercise. When pressure is exerted, it may hurt for a while, but it eventually serves to strengthen the muscles and bones.

As mothers, we suffer when we see our children hurt, but their growth depends on a certain amount of pain. Their successful progression from childhood to adulthood depends on much more than academic education and intellectual pursuits.

For instance, to develop robust bodies, they must derive the long-term benefits from getting sick from time to time: getting colds, the flu, chickenpox, etc. **And, yes, their emotional maturation can progress from dealing with bullies.**

The intimidation of bullying helps kids to make needed corrections. Moreover, it teaches them the world is not rainbows and unicorns.

While it seems counter-intuitive, we parents actually shouldn't protect them from the realities of life.

I have no doubt that in order to build a solid man, we must expose them to manhood as early as possible. (The same goes for our young ladies.)

Sometimes it's important to force children to make their own decisions. It will help them come out of their formative years with a muscular ability of character to resist popular opinion when they need to or calibrate when necessary.

Your child's maturation process will awaken as they are required to navigate contentious events on their own.

Having raised three boys to adulthood, I suffered watching them suffer. That's what mothering is: suffering right along with them. But if I may give you one takeaway from my experience: This is all within the range of normalcy.

You're doing a great job. Don't worry when you can't do more. If you become overwhelmed with worry and grief over your child's situation, perhaps consider [*Ignatia 200*](#), twice daily, until you return to emotional stability and strength. Usually, only a couple of days will do the trick.

Your measured response will help influence your child's more mature reaction.

The outside world, as unkind as it can be, is there for a reason.

Your role is to be the good, steadfast mother. Stand in the distant background ready to clean your child's wounds and send them back out into the world – then stay emotionally prepared, possibly to witness the process happen all over again.

It will be all right. In time, your child will develop coping skills and strength of personality. And after all, isn't that precisely what you wish for them?

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. I've encouraged you to join a [Gateway to Homeopathy study group](#) to turbocharge your education. It's the way I

learned homeopathy – with others of like mind who helped me delve more deeply into homeopathic topics and solutions that I might otherwise have missed without their stimulus.

But allow me to let you in on a little secret: your study group companions will assist you in much more than just homeopathy. You'll make lifelong friends with whom you can confide and share comfort.

Start on the path of finding your new bestie on my dedicated Facebook page: [Joette's Study Group: Find Your New Study Group Friends.](#)

Take a look at this group of happy faces. Zoom in. These are just *some* of my Gateway to Homeopathy group members from all over the world. (As of this writing, we've had nearly 13,000 (!) of these happy faces take up this way of learning homeopathy.) In these groups, you are sure to find other mothers and grandmothers who have experienced what you're experiencing. They can bolster your resolve with your children – and when you're truly overwrought, they'll remind you to consider your *Ignatia*.



A Guided Study Group Curriculum by Joette Calabrese





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