

Police Pension Board — The Board provides for the setting apart, formation, and disbursement of a locally funded police officer pension fund. Pensions are paid and the fund is held, invested, and disbursed according to the provisions of state statutes.

Recreation Commission — The Commission advises the Village Board on matters regarding the operation, maintenance, and expansion of the Village’s recreation programs. The commission also reviews and recommends fees and types of programs, including SEASPAR, to the Director of Recreation.

Transportation & Safety Commission — The Commission advises the Village Board on issues regarding transportation and transit, including local street traffic flow and speed, mass transportation, and federal and state highways.

Municipal Roundup

The President and Board of Trustees conducted the following business during the months of July and August:

Appointments

- David Clemen and Laurence Wilson to the Infrastructure Commission.
- Heidi Burtner, Alan Fink, and Jason LaBuda to the Recreation Commission.

Approved

- The purchase of a 2016 Ford F550 vehicle at the net purchase price of \$37,369.
 - A contract with Freeman Fence of Brookfield, IL to install at the Safety Village a decorative fence along the parking lot (south side) and a white vinyl fence to enclose the trash area for the total cost of \$23,800.
 - Budget amendments and transfers to cover employee tuition reimbursement, debt service payments, debt issuance costs, improvements to Safety Village, and overtime costs for the dispatch center.
 - A temporary use permit for the Field Park Fit Family 5K event on September 12, 2015.
 - A revised zoning map to reflect the MXD zoning for Foxford Station and the rezoning of Safety Village to Municipal Government Land (MGL).
-

School Is Open - Obey Crossing Guards!

Please be observant of the many crossing guards that assist your children going to and from school. Slow down and obey the crossing guards. When entering a school zone, reduce your speed to 20 mph. Motorists in particular need to watch out for the safety of children on foot and bicycle by slowing down to 20 mph in school zones and stopping for crossing guards as well as pedestrians of any age crossing the street.

Senior Services

Seniors Club

Join the Seniors Club for a variety of programs and day trips this fall! New members are welcome and encouraged to bring a friend. Please remember to make your reservations early to save your place.

Monday, September 14 at 1 p.m.—Regular meeting at the Recreation Center. Songbird Kym Frankovelgia is coming back to entertain with oldies, some blues, and songs that will touch your heart. Her dynamic personality is always enjoyed.

Wednesday, September 30 at 8:15 a.m.—Bus trip to Amish Acres in Nappanee, IN for lunch and theater production. Reservations full with wait list. Call 708-246-6276 for further information.

Monday, October 12 at 1 p.m.—Regular meeting at the Recreation Center. Congressman Dan Lipinski will present the latest updates in the State of Illinois legislature that affect seniors.

Wednesday, October 21 at 11:15 a.m.—Bus trip to Octoberfest with Nite Club @ Noon at Diplomat West in Elmhurst, IL. Call 708-784-9448 for further information.

For more information regarding events, please visit the www.wsprings.com/recreation.

Senior Center

Bookworms Unite! The annual Book Release Party is Tuesday, September 15, from 1–3 p.m. Enjoy perusing the Center’s newest books, conversing with other bibliophiles, and light refreshments.

Beginning September 22, the Senior Center will offer Technology Tuesdays! This is an opportunity to bring your computer to the Center and use the local Wi-Fi for all of your “computing” needs. Support for any questions or challenges that arise will be available, as well as monthly presentations regarding available technologies. Drop in from 1:30–3 p.m. to participate.

The semiannual Pizza, Prizes, and Bridge Party will take place on October 28. This party costs \$5 to attend. The Center will also offer Lunch and Learns, Live and Learns, and Web Learning this fall. The movie program is also expanding to include foreign films and documentaries.

Located in the Grand Avenue Community Center at 4211 Grand Avenue, the Senior Center operates Monday through Friday from 9 a.m.–5 p.m. and is staffed from 1–3 p.m. on Monday, Wednesday, and Friday. The complete schedule of activities is available at www.wsprings.com/recreation. Questions regarding the Senior Center may be directed to Mic at 708-246-3299 or mcagney@wsprings.com.

Recreation Department

The fall brochure has been mailed to all residents and registration is now open. There are now three different ways to register for programs: walk-in, fax/mail-in, and, new this fall, online registration at www.recregistration.wsprings.com. Sessions begin September 8. Download the 2015 fall brochure at www.wsprings.com/recreation for all programs, prices, policies, and locations. If you did not receive a brochure, call 708-246-9070 and request a brochure by mail. Program highlights for fall include:

- **Girls' Volleyball:** Saturday mornings from 9–10:30 a.m., October 17–November 21, ages 7–11 years old.
This course will cover basic and intermediate skill levels.
- **Ice Princess Social:** Friday, September 25, 6:30–7:45 p.m., ages 3–9 years old.
- **Little Hooper Basketball:** Saturday mornings at 11:15 a.m., October 17–November 21, ages 3–5 years old.
- **Junior Engineering "Ticket to Ride":** Tuesday evenings from 6–7 p.m., September 17–October 13, ages 5–10 years old.
- **Boys and Girls Basketball Leagues:** For children in grades 5 and 6. Registration forms are due November 5. Players and volunteer coaches are needed. The coaches' meeting will take place on November 5 at 6:30 p.m.
- **Youth Dodgeball:** Friday evenings from 5:30–7 p.m. for elementary school children; 7-8:30 p.m. for junior high children; and 8:30–10:30 p.m. for high school children and older.
- **Fall Lacrosse (Boys and Girls):** Begins September 13 for grades K–8 for all levels of interest in both travel and in-house programs.
- **Women's Open Basketball:** Wednesday evenings at 8:30 p.m. beginning September 16.
- **Men's Open Basketball:** Thursday evenings at 8:15 p.m. beginning October 1.
- **Adult Fitness Classes (Dance/Music):** Several to choose from.
- **Fly Fishing Casting & Strategy:** Sunday afternoons at 1 p.m., October 4–18.
- **Cooking Healthy "Veggie Style" (Adults):** Monday evenings from 7-8:30 p.m., October 12 and 19, at the La Grange Park Recreation Center (1501 Barnsdale).



French Market Fall 2015 Season

Shop the French Market for the produce and goods of the wonderful fall season. The French Market will continue to operate every Thursday from 2–7 p.m. until October 29, 2015. Thank you for another successful season, and we look forward to the 2016 season, opening the first week of May.



Park District Happenings

The Park Board and staff have begun working on a five year Capital Improvement Plan (CIP). More information about this project will be sent to the residents this fall requesting comments and input.

Enjoy a family or neighborhood gathering at a park shelter! Structures in Spring Rock Park, Timber Trails Park, Ridge Acres Park, Springdale Park and Ridgewood Park are available for public use. To reserve a facility, call Barb Kartzmark at 708-246-4225 ext. 1 or visit www.wsparks.org.

An Executive Director Open House will be held on Wednesday, September 9, and Wednesday, October 21, from 4:30–6:30 pm. All residents are welcome to visit and talk about Park District matters (no appointments necessary). These forums will be held at the Park District Administration office (Spring Rock Park—4400 Central Avenue). Feel free to contact the Executive Director with any questions/concerns at 708-246-4225 ext. 2, or at jrobinson@wsprings.com.

The Spring Rock Park field renovation project is moving forward and the new grass is growing. Seeding of the grass took place earlier this summer. The area for the fields will continue to be fenced off until organized activities are scheduled. For updates regarding the fields, please visit www.facebook.com/wsparkdistrict or www.wsparks.org.

Keep an eye out for the Park District newsletter, which will be available at end of October or early November!

2015 Leaf Removal Program

The Village's annual leaf removal program will begin the week of October 19. The schedule will be mailed in October to every residence in the Village and will be posted at www.wsprings.com. Residents may also use the leaf hotline, 708-246-1800 ext. 305, for schedule updates. Please refrain from raking the leaves to the curb before the removal process begins. If you need to dispose of leaves before October 19, then it will be necessary to bag them as yard waste.

Mulching leaves benefits the environment and your lawn!



Fire Department Promotions



I-r: Lt Rick Zak, FF Paula Tomczyk, FF Mario Perez, Lt Ryan Gough.
Lt Dick Jacobson is center.

The Village of Western Springs is pleased to announce the promotion of two new Lieutenants to the Western Springs Fire Department—Ryan Gough and Rick Zak.

Ryan Gough joined the Fire Department in 2005 as a paid-on-call firefighter. Gough is certified in several specialized rescue techniques including confined space, vehicle and machinery rescue, high angle rescue, trench rescue, water rescue, and structural collapse rescue. Gough has also served on the local Division 10 MABAS Technical Rescue Team. Gough is a graduate of the University of Illinois and the University of Chicago, and is currently the General Manager of Randall Industries, an industrial dealer in aerial equipment and Club Car utility vehicles. Gough, his wife, Kari, and his three children Kate, Luke, and Gavin have been residents for over 10 years.

Rick Zak also joined the Fire Department as a paid-on-call firefighter in 2005. Zak holds several advanced certifications including the Fire Officer I certification through the Office of the Illinois State Fire Marshall. Zak is currently the Director of Justice and Public Safety Solutions for Microsoft. Zak, his wife, Allyson, and his children Brian and Sarah have been residents for over 14 years. Congratulations, Ryan Gough and Rick Zak!



I-r: Deputy Director Gary Mayor, Patrick Gallagher and Director Patrick Kenny

On June 22, Training Director Patrick Gallagher was promoted to the position of Division Chief of Training and Safety for the Western Springs Fire Department. Division Chief Gallagher's role in the Department as Training Director includes overseeing all Fire Department training as well as facilitating all continuing education for Department members. Division Chief Gallagher was solely responsible for managing the recent Fire Academy, resulting in 18 new graduates including both Western Springs and LaGrange Park firefighters. Division Chief Gallagher's vast knowledge and experience in Fire Service will continue to be an invaluable resource to the Department.

Fire Department Hosts Open House For Fire Prevention Week

Location matters when it comes to your smoke alarm—that's the message behind this year's Fire Prevention Week campaign: "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm."

In conjunction with firefighters and safety advocates nationwide, the Western Springs Fire Department is joining forces with the National Fire Protection Association (NFPA) for this year's Fire Prevention Week (October 4–10) to remind local residents about the importance of working smoke alarms in every bedroom, outside each sleeping area, and on every level of the home, including the basement.

In a fire, every second counts. Half of all home fire deaths result from fires reported between 11 p.m. and 7 a.m. while most people are sleeping. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out.

The Fire Department will be hosting an Open House during Fire Prevention Week on Monday, October 5 from 6–9 p.m. to promote "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm." Special educational and family-oriented activities are designed to help residents learn more about the importance of having a working smoke alarm in every bedroom.



FIRE ASSOCIATION Annual Breakfast

SUNDAY, SEPTEMBER 13 • 7 A.M. TO 1 P.M.

FIRE STATION, 4353 WOLF ROAD

\$4 PER PERSON



A Library Card is the Coolest Card

Studies show that if you read to your children and bring them to the library, they achieve better grades in school. September is

Library Card Sign-up Month, and the Thomas Ford Library is joining with libraries nationwide to ensure that every student has the most important school supply of all—a free library card!

Today’s libraries are creative and engaging community centers where members can collaborate using new technologies, or simply relax with friends. Many print and digital resources are accessible from home, including the newest database, the History Reference Center.

The Thomas Ford Library has something for everyone. For preschoolers, there are story times and early literacy programs, including our new Lit Kits. For older children and tweens, there are hands-on science projects, usable technology, and engineering, arts, and math (STEAM) programs. For teens, there are many tools to help prepare students for college, as well as comprehensive mentoring programs. For adults, there are educational and recreational programs, as well as a cornucopia of books and audiovisual resources. These resources can be found at the library, or accessed through interlibrary loan. And don’t forget new “eBooks,” now downloadable from the new catalog! All of these accesses and more are free with a library card.

Visit www.fordlibrary.org or call 708-246-0520 for more information. Stop by and visit your library in person (800 Chestnut Street, Western Springs) to get your very own cool library card. Don’t forget cards for the rest of the family, too!

Back-to-School Safety Tips for Drivers

With more distractions in traffic, it is critical, while operating a motor vehicle, to slow down and pay attention. The Western Springs Police Department would like to remind drivers to take extra precautions at the beginning of this school year.

- Come to a full stop at stop signs and red lights. Crossing guards and pedestrians of all ages have the right of way before you proceed through the intersection.
- Watch for school bus stop signs and, when a school bus stops with its red brake lights flashing or its stop sign raised, motorists must stop until all children have safely crossed the roadway.
- Don’t rush. The first few weeks of the school year are extra busy, so leave yourself plenty of time to travel to your destination. Enter and exit driveways and alleys slowly and carefully and watch for children and other pedestrians.
- Reduce any distractions inside your car so that you can concentrate on the road and your surroundings. Remember, it is against the law to use a cell phone in a school zone or to text while driving.

All drivers need to recognize the special safety needs of pedestrians, especially those who are children.



Statewide Car Seat Event: Seat Check Saturday

This year’s statewide “Seat Check Saturday” will take place on Saturday, September 19, from 8–11:30 a.m. at the Western Springs Police station. Car seats will be checked on a first-come-first-serve basis. The amount of time per check ranges from 15–30 minutes. Officer AJ Hull will be available on this date.



The Western Springs Police Department will be participating in the 2015 Illinois Rail Safety Week from September 13–19 to promote rail safety awareness and education. Heightened safety enforcement and public education will take place at the railroad grade crossings within Western Springs, focusing on both drivers and pedestrians who disobey the laws associated with railroad grade crossings and railroad property.

RECOMMENDED TRICK-OR-TREAT HOURS

SATURDAY, OCTOBER 31,
FROM 3PM - 8PM





**Field Park Fit Family 5K
Run/Walk & Kid's Dashes**
Saturday, September 12th, 2015

- Kids Races – 50 yard dash & 1/3 mile begin at 4:30 pm
- 5K Run/Walk begins at 5pm
- Start/Finish behind Field Park School
4335 Howard Ave, Western Springs, IL
- Registration costs \$15-\$25, race day \$20-\$30
T-shirts guaranteed for 1st 300 participants
- Sign up online at: www.signmeup.com/108704
- Post race party and awards ceremony to follow
with food, drinks and music to celebrate!
- Questions: contact Michelle Boyd - 708-707-7463

Thank you to our Sponsors!



Field Park Fit Family 5K

Join us for the Field Park Fit Family 5K on September 12! This is a family friendly 5K run, walk, and kid's dash. This run will take place in the Field Park area of Western Springs on Saturday, September 12 at 5 p.m. The kid's dash will begin earlier at 4:30 p.m. Food, music, and an awards ceremony will take place after the race.

Course Marshall volunteers are still needed for this race. A Course Marshall is an individual who directs runners/walkers along the course and keeps participants safe from traffic. Course Marshalls must be 18 years of age or older. To volunteer, please contact Jill Israel at 708-717-9125.



(l-r: Village Trustee James Horvath, Jill Niemiec, Mark Niemiec, Madeleine Niemiec, Employee Danielle Duval, and Sales Leader Jon Guderjan)

Welcome New Business

The Village of Western Springs welcomes State Farm agent Mark Niemiec and his business to the Western Springs business community! Mark Niemiec, his wife Danielle, and their 8-year-old daughter Madeleine reside in Evergreen Park. Having spent 20 years in retail business and 4 years with State Farm, Mark has recently opened an office on Hillgrove Avenue in downtown Western Springs. Mark truly enjoys helping families and individuals protect their most valuable assets and plan for their futures. Mark encourages all residents to stop by or reach out to his office with any insurance or financial questions.

Newcomers Club

Newcomers Club is open to all residents interested in becoming acquainted with both their community and their fellow villagers. You need not be "new" to Western Springs to join. Activities are planned from September to June. The membership is open to men, women, singles, and families. For more information, please contact westernspringsnewcomers@gmail.com.

Well House #3 Rehabilitation

This fall, the Village will be conducting maintenance on well #3, which will include the reconditioning of the pipe, pump, and motor for the well. This work will be similar to the work conducted on well #1 in the fall of 2014 and on well #4 in 2010. Reconditioning maintenance is recommended to occur every 10 years, and the Village has not serviced this well since 2003. Wells #3 and #4 are the Village's primary wells for the Village's water system, and both are required to meet service demands during the summer months.

Work is expected to take place sometime between late September and early November. During this maintenance period, well #3 will be offline for approximately four to six weeks. The Village will use well #4 as the primary well for water distribution at this time. However, depending upon weather conditions and service demands, well #1 may be required to supplement well #4. Some residents may notice a difference in the taste or hardness of the water while maintenance is ongoing.

Access to the parking lot behind Village Hall and for the Community Development Department will be limited during the well maintenance. Parking is recommended on Hillgrove Avenue, east of Wolf Road.

A more complete schedule and updates to the project will be posted to www.wsprings.com as it becomes available.



Rotary Club of Western Springs:

Annual Veterans' Steak Fry

The Rotary Club of Western Springs will be hosting its 15th annual Veterans' Steak Fry on Friday, September 11, from noon until 1:30 p.m. at the Western Springs Baptist Church (4475 Wolf Road, Western Springs). This event, which is open to the public, honors local veterans and first responders who have dedicated their life to serving our country and local community. Unable to attend the event? You can still participate by sponsoring a veteran's lunch ticket for \$15. Tickets to the event can be purchased for \$15 by contacting Jason Dobrzynski at 630-696-2928 or Linda Johnson at Village True Value Hardware 708-246-0892.

For more information about the Rotary Club of Western Springs please visit: www.westernspringsrotary.org.



Food Allergy Community of Western Springs Area Parent Meet-Up

Where: Davanti (800 Hillgrove, Western Springs)

When: Wednesday, September 9, at 7:30 p.m.

What: Informational meeting for Western Springs residents interested in/affected by food allergies. Informal. Find us in the bar area.

Facebook group: www.facebook.com/groups/FoodAllergyCommunityWS/

Email: FoodAllergyCommunityWS@gmail.com

First Congregational Church of Western Springs Annual Rummage Sale

The First Congregational Church of Western Springs (1106 Chestnut Street) will hold its annual two-day Fall Rummage Sale on Tuesday and Wednesday, October 20 and October 21. The sale will be held from 5–8 p.m. on Tuesday and continue from 10 a.m.–noon. on Wednesday. The event will conclude with a half-priced bag sale from 6–8 p.m. on Wednesday evening.

Shop and save on gently used clothing, books, toys, housewares, sporting equipment, and more. Local checks will be accepted. Come rain or shine. Stroller parking available. All profits will be donated to local, national, and international charities. Seeing is believing! This is a sale you won't want to miss.

Donations of gently used rummage will be accepted in the church parking lot of Woodland Avenue from 9 a.m.–1 p.m. on Saturday, October 17 and 1–3 p.m. on Sunday, October 18. For more information, call 708-246-1900 or visit www.wscongo.org.



Pet Control

Pets bring so much joy to so many of us, but it is important to be a courteous pet owner. Residents are reminded to be considerate of their neighbors and community by following these ordinances:

- Do not allow your dog to bark excessively and cause a disturbance to your neighbors.
- Your pet should always be walked on a leash and never be allowed off your property without restraint.
- Always pick up after your pet eliminates. Be courteous and dispose of the waste properly.
- Even though we all try extremely hard not to lose our pets, accidents do occur. It is imperative that your pet is wearing proper identification tags. A rabies tag is not enough and cannot be traced at night or on weekends. Make sure your pet wears a current Village license along with rabies tags and nametags.

Following these simple guidelines ensures fun and safe outdoor activities for all. If your pet is lost, report it immediately to the Police Department at 708-246-8540.

Reminder: Animal/Rabies Control

If you find yourself in an unexpected situation with an animal trapped in your home, remember the following tips:

- Close off the room.
- Do not try to contain the animal yourself.
- Call a local trapper at 708-974-6740 (after-hours message provided with alternative details).
- The trapper will contain the animal and contact Animal & Rabies Control to pick up the animal and test for rabies.

For more information, visit www.cookcountyil.gov.

TOWER TOPICS
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 Building Department 708-246-1800 Ext. 180
 Fire non-emergency 708-246-1182
 Police non-emergency 708-246-8540
 Public Works Department 708-246-1800 Ext. 200
 Recreation Department 708-246-9070
 Refuse/Recycling (Republic/Allied Waste) . . . 708-345-7050
 Village Hall 708-246-1800

Explore and Stay Informed
www.wsprings.com

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POSTAL CUSTOMER
WESTERN SPRINGS, IL
60558

Village Store

The Village of Western Springs is pleased to announce several new additions to the Village Store. This is your opportunity to showcase your community pride as a resident of the Village of Western Springs. Pictured below are just a few of the items that the Village Store has to offer, including a ceramic travel mug (\$10), a collapsible umbrella (\$7.50), and a stadium blanket (\$20). All items are illustrated with the seal of the Village of Western Springs. If you have any questions or would like to place an order, please call Village Hall at 708-246-1800.



Stadium Blanket - \$20



Collapsible Umbrella - \$7.50



Ceramic Travel Mug - \$10



Holiday Tree Wanted

Do you have a large, magnificent evergreen tree on your property that you'd like to donate to the Village of Western Springs? The Village is seeking the donation of a very large, well-shaped tree to light up the Tower Green for the 2015 holiday season. Removal and placement of the tree will take place courtesy of the Village in mid-November. The tree will be featured at the tree lighting ceremony on Saturday, December 5, during the annual Western Springs Business Association Christmas Walk.

If interested, please contact Matt Supert, Director of Municipal Services at 708-246-1800 ext. 205 or msupert@wsprings.com.



Correction: An article on the new Safety Village in Western Springs published in the July/August edition of *Tower Topics* failed to mention one of its contributors. The Garden Club of Western Springs donated \$5,000 towards the building and opening of Safety Village, and their contribution was greatly appreciated.

Whiz-ba!

THE
WESTERN
SPRINGS
BUSINESS
ASSOCIATION

www.WesternSpringsBusiness.com

Worried about the first day of child care? Keep calm and read on...

By Bright Horizons at Western Springs

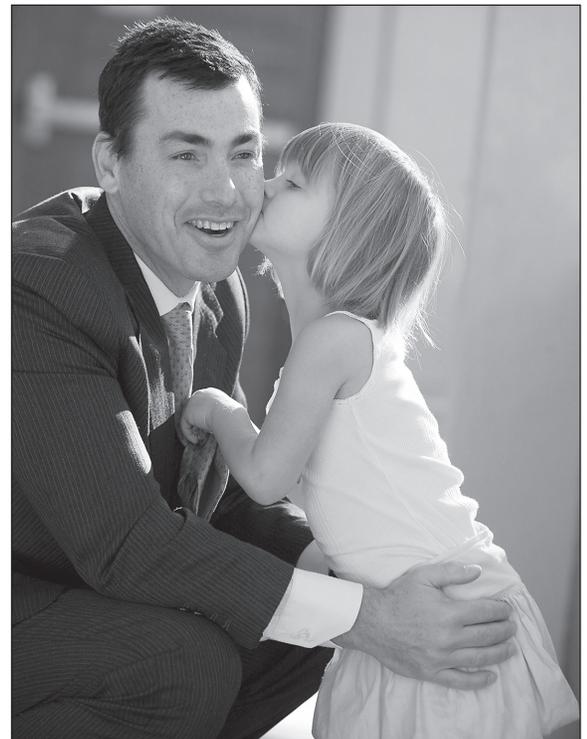
The first day of child care is a momentous occasion for a parent and a child. We parents are sending our children out into the world, entrusting them to others. Our children are entering a new environment where they'll be surrounded by other children and nurtured by new adults.

Here are some tips to help prepare you and your child for that big first day:

- Begin to develop a relationship with your child's teachers before the first day. Keep the communication open and ask lots of questions.
- Start your family on the new evening and morning routines at least a week before the first day of childcare.

- Keep the home environment as consistent as possible. This is not the time to make major changes or transitions in the child's life, like moving to a bed, stopping the bottle, or starting toilet learning.

- Pack everything you need the night before, and place it in a special spot.
- Allow ample time in your schedule to help your child get settled in, and to be able to take a few minutes for yourself afterwards.
- Keep your emotions in check. Children receive a confusing message if you're tearful as you describe how happy they're going to be in this "wonderful, fun place."
- Establish a goodbye routine. Give your child a cheerful and confident goodbye. Always tell your



child you are leaving. Let the teachers know when you are ready to leave so that they can nurture your child through the transition.

- Call the daycare center any time for updates and reassurance.
- Trust your judgment that you selected a child care setting where your child will be happy and receive nurturing care and love!



**Friday,
October 2**
5:00 - 8:00 pm
at the
Tower Green
Enter the Pumpkin
Decorating Contest...
Pick up your
FREE pumpkin on
September 26!

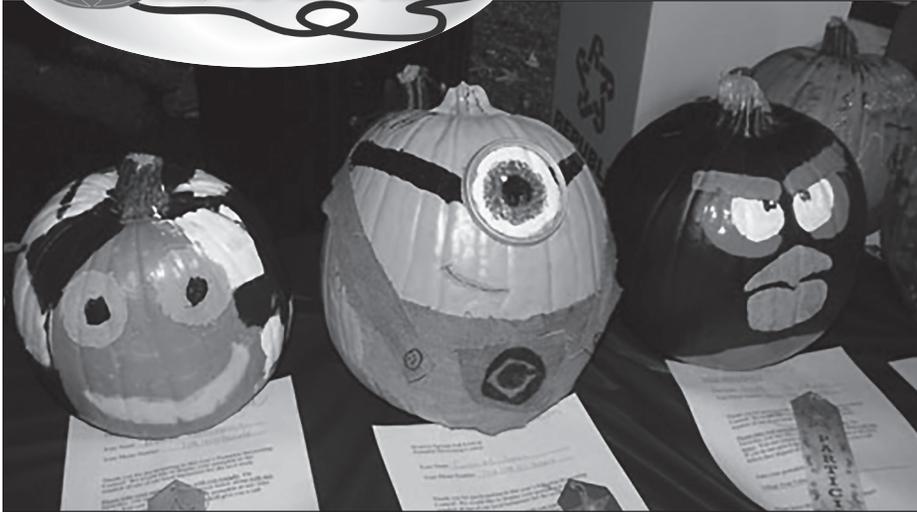
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IT'S FUN, FAMILY-FRIENDLY AND FREE!

FRIDAY, OCTOBER 2 | 5:00 PM to 8:00 PM



Enter the Pumpkin Decorating Contest!

Pick up your FREE pumpkin at the Tower Green at 8:30 am Saturday, September 26. Decorate your pumpkin. Be as creative as you like using paint, cleaners, props, hats, surrounding scenes... *just don't cut the pumpkin*, as many entries will be displayed in local stores after the festival.

Bring your finished, decorated pumpkin with you to the Fall Festival on Friday, October 2, 5:00 to 8:00pm, at the Tower Green. You could win a prize! Both group and individual entries are welcome.

Other attractions at the festival include scary stories, hayrides, an opportunity to decorate a mini-pumpkin, Casey's famous chili, and more.

Help your child deal successfully with bullying

The following tips are from the American Academy of Pediatrics (AAP).

Bullying

Bullying or cyberbullying is when one child picks on another child repeatedly. Bullying can be physical, verbal or social. It can happen at school, on the playground, on the school bus, in the neighborhood, over the Internet or through mobile devices like cell phones.

- If your child is bullied, encourage him or her to:
 - look the bully in the eye.
 - stand tall and stay calm in a difficult situation.
 - walk away.
 - in a loud voice say: "I don't like what you are doing," or "Please do NOT talk to me like that," or "Why would you say that?"
- Teach your child when and how to ask a trusted adult for help.
- Encourage your child to make friends with other children.

- Support activities that interest your child.
- Alert school officials to problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.
- Monitor your child's social media or texting interactions so you can identify problems before they get out of hand.

If Your Child Is the Bully

- Be sure your child knows that bullying is never okay.
- Set firm and consistent limits on your child's aggressive behavior.
- Be a positive role model. Show children they can get what they want without teasing, threatening or hurting someone.
- Use effective, non-physical discipline, such as loss of privileges.
- Develop practical solutions with the school principal, teachers, counselors,

and parents of the children your child has bullied.

If Your Child Is a Bystander

- Encourage your child to join with others in telling bullies to stop.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.

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QUESTIONS?
COMMENTS?

Email us:
info@westernspringsbusiness.com

or write to us:
Western Springs
Business Association
P.O. Box 172
Western Springs, IL 60558



Visit our website for a complete list of member businesses and updates on upcoming events.

www.WesternSpringsBusiness.com