



ALLiES eGuide

Cuddle instructions for Teachers

Dear teacher,

The purpose of this questionnaire is to increase your and parents' awareness of children's wellbeing, social interaction and the different forms of violence they may face in daycare or school. In order to prevent all kinds of violence, it is important to intervene in mischief before it turns into systematic bullying. It is also important to increase awareness of the consequences of violence, and encourage children to act in a non-violent manner.

How to define violence

In this questionnaire, *violence means any action or structure that diminishes another human being, either physical or not*. Non-physical violence can be, for example, creating an oppressive atmosphere in the group or classroom; playing games that might feel humorous and funny to some children but which might be painful, diminishing or oppressive to others. By emphasizing non-violence, we aim to highlight every person's value, power and importance. Non-violence means, for example, positive conflict resolution, as well as learning emotional and social skills. All these are connected to the prevention of violence and promotion of children's wellbeing and safety.

When to use the Cuddle

Regularly: 1-2 times per year for everyone
If needed: If you are concerned about a child

Before the Cuddle

Please study the daycare/school action plan on bullying and violence. Alternatively think about how you would intervene in harm making in your day care / school organization.

The structure of the Cuddle

The Cuddle part I: A parent or both parents fill in this part together with the child.

The Cuddle part II: Both parents fill in this part separately, without the child.

Checklist: The parents fill in together with the child if needed.

All the parts shall be returned to the daycare center / school.





After the Cuddle in preschool

If the staff members are concerned about the responses, they will contact the parents. The staff will take the following action:

- If needed, a quick check is made about the child in question's situation and a suitable approach is chosen.
- A discussion with parents regarding the cause of concern and possible solutions and intervention.
- One week observation period, during which both parents and daycare/school staff pay attention to the concerns that have emerged. The chosen solution and approach is implemented immediately.
- A discussion with the child and parent(s), during which the observations and measures are gone through.
- A possible follow-up treatment is discussed and agreed on.

After the Cuddle at home

If the parents are concerned about the responses, they may contact the staff members of the preschool. The staff will take the following action:

- Discussion with parents to deepen mutual understanding of the concern.
- One week observation period, during which both parents and daycare/school staff pay attention to the concern that has emerged, with an immediate intervention in any mischief.
- A discussion with the child and parents, during which the observations and measures are reviewed.
- A possible follow-up treatment is discussed and agreed on.