Dear Parents in the schoolyard,

I am writing this on behalf of every mother and father of a child who has a behaviour issue. The one who may be in your child's classroom. The one who's child may at times be disruptive and need lots of attention from the teacher. The one that no doubt, the whole year level will already know about!

Did you know that this mother has probably cried an ocean of tears for her child? She has probably been through more than you or I could ever imagine. Maybe her child has a formal diagnosis like Autism or ADHD, but that really shouldn't matter anyway. Maybe she is still grieving for the fact that her child will face so many more challenges in their life than yours.

She is still a mother, like you, who just always wants the very best for her child.

Did you know that she hears your whispers and feels your disapproving looks? She knows all too well that you do not want your child to interact with hers in any way because of their behaviour.

If you took the time to actually get to know her she might share with you that even members of her own family can make her feel like it is her fault. That she is a bad parent and responsible for her child's behaviour. Most events or outings that she attempts often end in disaster. People have stopped inviting them now.

What you and your child can learn by being friends with them is a very valuable lesson in life. You can teach your child how to have empathy and compassion for other individuals who have challenges. You can teach your child to lead the way in showing kindness and acceptance to the children who need it most. You can do this by leading by example.

That lovely mother needs more than anyone else in your life – a friend. Someone to listen to her and show support, without judgment. Even just a simple smile or hello could lift her spirits immensely. We teach our students that 'excluding' is a form of bullying, yet other parents seem to do this to each other all of the time.

Yes, there may be times when you are together that issues may arise, but you can handle that. You are after all, a mother - and together women are a force to be reckoned with!

Taken from EssentialKids.com.au