

Help your child:

Make friends
and
Succeed socially.



The Social Skills Groups

Things change... New location

The *Social Skills Groups* are held at:
The Social Skills Place, Inc.
464 Central Avenue Suite 6
Northfield, Illinois 60093

Dates and times: Elementary School

Monday's 4:30PM-5:15PM
Wednesday's 4:30PM-5:15PM
Thursday's 4:00PM-4:45PM

Middle School Jr. High

Wednesday's 5:30PM-6:20PM
Thursday's 5:30PM-6:20PM

High School/College

Monday's 6:30PM-7:30PM
Thursday's 7:00PM-8:00PM

Kids Divorce Group

Tuesday's 5:30PM-6:20PM

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Newsletter

What about Social Skills?

The primary place children are socialized is in the family. Since you are your children's main examples of how social skills play out and how one should relate to one another, you have an opportunity to influence their behaviors in positive ways. You can have fewer negative home and peer influences to counteract.

Considering the number of essential social skills children need to develop, a good place to start is with the four foundational ones:

1. **The ability to see a situation from another person's perspective.** Showing understanding for other people's feelings.
2. **The ability to control initial impulses** (thoughts, desires) without acting on them. We do not want children to behave their feelings. It is better to help them to identify them and talk about them with us.
3. **The ability to delay gratification of needs and desires.** We must help our children to see the relationship between waiting now for something better later.
4. **Conflict Resolution**—The ability to solve an interpersonal problem satisfactorily to both parties, without resorting to aggression (verbal or physical). We can show them the way.

How can you find out which skills they need to learn? One way is to carefully observe the child when he is with other children or when you are with other kids in school and in sports. While observing, ask yourself these questions:

-What skills does the child already have? (e.g., Are they kind and helpful to others?)

-What skills do they lack? (e.g., Do they know how to deal with frustration or disappointment?)

It is our job as parents to say what we see is right in their behaviors, and help them with the one's that are not working well for them. They need our unconditional support.

Some ideas taken from: *What about their peer relationships?* By Dr. Paul E. White 1998