

Help your child:

Make friends
and
Succeed socially.



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Newsletter

Do's for fostering Social Competence

Children who have a difficult time making and keeping friends differ in many ways from children who do not have this problem. A large proportion of these children are lacking in **positive social interaction skills**. These skills can be broken down into three areas: Being cooperative, being helpful, and being considerate toward others. We can help our children by teaching them and modeling these very behaviors.

DO:

- Design a "signal system" with the child to use in social situations. When the child is doing, behaving or saying the wrong things in the situation, design a signal. Touch your nose, tap their shoulder, or whatever you decide together would be a good signal.
- Pay attention to constructive and positive social behaviors in the child. Acknowledge the behavior by telling the child you notice they are playing nicely. Do not ignore their positive behaviors.
- Reinforce social information. Do not miss an opportunity to teach children how to behave at a holiday, a birthday party, a school gathering, or a sports gathering. Example: Tell the child on the baseball team, "What a great catch." Compliments help us to connect with others positively.
- Encourage the family to create a loving and considerate support system for the home. Everything begins with the self and the home. If we feel good about ourselves and our family life, we tend to be kinder and more considerate to others.
- Assist the child in expressing their feelings during emotionally charged moments. Help them to identify how they feel and why. Children will often behave how they feel, so let us help them tell us how they feel instead. When we help them identify how they feel it helps them to have understanding for other peoples feelings.
- Provide the child with choices whenever possible. Perhaps they should clean their room. Say, "Please clean your room, do you want to make your bed first or clean up the toys?"
- Make modifications for the child with an attention or learning disability. If they forget their homework or school book, perhaps have a second book at home and have a reminder system that assists them in remembering their assignments.

Some ideas taken from Rick Lavole-1994

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 4:00-4:45
Thursday's 4:00-4:45PM

Middle School

Jr. High

Wednesday's 5:00-5:50PM
Thursday's 5:00PM-5:50PM

High School

College

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

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Coming soon

www.socialskillsplace.com