

January

SOCIAL SKILLS

Parent Blurb

Welcome, this month we are focusing on building Social Skills. Children learn to interact with one another from the adults and peers around them. Therefore, it is important that children build social skills early on in order to enhance their communication, confidence, and relationships. We as adults can be role models and help define what social skills are and share strategies on how to implement them.

Social Skills are....

- Cooperation – playing your part in a positive way, eg. taking turns, doing your part of a shared task.
- Sharing - like treats, belongings and ideas with others, (that means yours and theirs).
- Being patient – everyone has the right to be heard and considered so everyone needs to learn patience and wait for his or her turn.
- Helping others - even the little kids can help others so that the job gets done or someone can feel cared about.
- Following directions - learning to follow directions or rules helps keep us all safe and well.
- Staying on task - getting our own job done and not stopping others from doing theirs.
- Accepting differences - every person is unique and special and we all have feelings. It is important for us to accept people as they are.
- Listening - learning to be an 'active listener'. This means to listen instead of listening to respond.



- **Cooperation:** Work together as a family to finish building a tower using straws.
- **Sharing-** Encourage children to share their toys, thoughts, and ideas with others in a calm and thoughtful manner.
- **Helping-** Allow your child to help you with any task you find appropriate. Examples: getting the mail, putting away the dishes, or cleaning up after dinner.
- **Follow Direction-** Give child directions to clean up their playing area. Be direct and clear with your directions.
- **Listening-** practice with children on how to actively listen without responding. Encourage children to listen, repeat what they heard, and then respond.

