



# Counselor's Corner

August/September 2018

## Fun with Friends!

Our Counseling Corner Newsletter this month is focusing on Friendship! It is so valuable to have a good friend and to be a good friend! At school, we teach our children that friends are people we can count on to care about us and our feelings! At home, it is important to talk openly about friendship so that we can encourage our children to make good and positive friendship choices as they grow up!

## Helping Your Child to Make Friends

Some children make friends easily, while others may need a little more guidance. Here are some tips from PBS.org contributor Jessica Efirid\* on how to help your child make friends!

### \*Talk About It

Talk about or brainstorm a list of “friend qualities” with your child. Use concepts such as: being friendly, being honest, laughing and having fun, willingness to share, being kind, and learning how to place others’ needs ahead of their own. Once your child understands the qualities that make a good friend, you can then discuss, observe other children, or even role play these qualities.

### \*Connecting Through Conversations

Because being able to share thoughts and ideas is so important to any friendship, you can help your child understand how to build and maintain a conversation.

### \*Organize Play Dates or Activities

If a child continues to struggle or feel less than confident in their friend-making skills, be proactive in organizing play dates for kids.

## Be Realistic

At the same time, be sure to not have unrealistic expectations of your shy or socially reserved child. With just a little gentle parental support and guidance, most children develop the social skills necessary to make friends.

Read More:

### Helping Your Child Make New Friends

[www.pbs.org/parents/education/going-to-school/social/make-new-friends/](http://www.pbs.org/parents/education/going-to-school/social/make-new-friends/)

## Friendship Builders and Wreckers

How we treat one another really matters when we think about friendship and how we feel about ourselves. “Wreckers” are insults or teases that can wreck or destroy a person’s feelings and self-confidence. “Builders” build or boost the way we feel about ourselves. Here are some discussion starters to use with your child about building stronger friendships:

- How do you want to make your friends and classmates feel?
- What can you do on a daily basis to build others up?
- How do words affect the way you feel about yourself?
- Tell me some kind words and actions you can use with friends.
- Tell me about a time you helped someone feel better about himself or herself by using “builders”.

