

# Top Ten Tips for helping your child to get along with others and to make friends



Social development is important for learning and will help your child be ready for school. It is all about:

- Making relationships with others
- Understanding ourselves and emotions

Your child learns how to interact with others by watching what you do, and listening to what you say.



*Here are some tips that might help you.*

- 1** *Play with your child, join in with what they like to play with.*
- 2** *Use mealtimes and bath times as opportunities to talk, sing and enjoy spending time together. Introduce new words as you talk and play.*
- 3** *Offer a choice of drinks, snacks or play materials, allowing your child to make decisions.*
- 4** *Provide opportunities for your child to play with other children, help them to join in when they are ready.*
- 5** *Take your child out and about to meet other people in different places e.g. the park, shops.*
- 6** *Join in pretend play, e.g. play with toy cars together, make a cooker out of a box and cook dinner for the soft toys.*
- 7** *Model patience, respect, caring for others, co-operation, gentleness, and kindness.*
- 8** *Show your child how to share and take turns. Help them to understand what they need to do and say. Remember that these skills take time to develop.*
- 9** *Recognise and accept their feelings, even when they have big emotions.*
- 10** *Help your child by naming their feelings, e.g. "You're cross", "I can see you're feeling sad." Calmly support them, even when their behaviour may be inconvenient. Teach them how to breathe as a calming strategy.*

## Resources

**BBC - Tiny Happy People**  
[www.bbc.co.uk/tiny-happy-people](http://www.bbc.co.uk/tiny-happy-people)

**Hungry Little Minds**  
<https://hungrylittleminds.campaign.gov.uk>