

Connectedness is important in developing resilience in our children

Children develop friendship skills through playing with other children. Because they are learning, they are sure to have times when things do not go as they would like. It's not always easy for children to know how to manage friendships. Problems with friends can affect how children feel about themselves and their enthusiasm for activities that involve others. Learning how to make and keep friends involves a number of skills that children develop over time. Children learn social skills from those around them as they develop. Children may develop these skills at different rates.

Effective friendship skills involve:

Cooperation

- Sharing, turn taking and working together.

Communication

- Using words to explain what you want and listening to others respectfully.
- Paying attention to body language (e.g. making eye contact, smiling and reading non-verbal reactions).

Understanding and managing feelings

- Expressing feelings in a way that help others understand you.
- Recognising and responding to others' feelings.

Accepting and including others

- Recognising and accepting respect and friendship.

Parents and teachers are both well-placed to model and teach friendship skills and enhance connectedness of our children. Please feel free to seek support from your child's teacher.

Information sourced from <https://www.kidsmatter.edu.au/families>

