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1. Teach your child about emotions

- ✓ Talk to your child about his/her feelings.
- ✓ Talk about your own feelings (“When you don’t pay attention to me, it makes me feel frustrated and sad”)
- ✓ Discuss what kinds of situations make us feel bad, and what things make us feel good.

2. Teach empathy

- ✓ Run through different scenes by asking your child how other people might feel when certain things happen (TV programs- discuss feelings)

3. Maintain an intimate relationship to your child

- ✓ When kids see, on a daily basis, that they can rely on you for support, they are emotionally secure. They adapt more easily to new social situations. They also develop their capacity for empathy.

4. Display positive, warm emotions at home

- ✓ Demonstrate a positive “can-do” attitude towards setbacks, rather than anger or despair.
- ✓ Be generous with praise

5. Talk with your child about his/her social world

6. Practice inductive discipline

- ✓ Inductive discipline emphasizes explaining the reasons for rules and the consequences of bad behaviour
- ✓ Provide consistent structure at home to help your child adapt to the disciplined world of school

7. Encourage pretend play (with same aged peers, older peers and adults)

8. Explain personal space

- ✓ Tell your child that it’s important to have some personal space to feel comfortable
- ✓ Practice acceptable ways to interact with someone during playtime

9. Practice social overtures

- ✓ The proper way to start a conversation, get someone’s attention, join a group of children who are already playing with one another



10. *Go over taking turns*

- ✓ Play games with your child to explain what it means to wait, take turns and share

11. *Watch for peer rejection and bullying*

- ✓ If your child is the victim of peer rejection, help him/her cultivate a friendship with at least one peer. Rejected peers also need help developing prosocial behaviour, like helping, sharing and showing concern for others.
- ✓ If your child is the victim of a bully, help him/her cultivate a friendship with at least one peer. In addition coach him/her on how to stand up for himself/herself. Encourage assertive behaviour, not aggression. Teach him/her to face his/her bully with helpful verbal formulas like "Don't do that to me. That isn't nice and I don't like it."
- ✓ If you suspect that your pre-schooler is a bully, he/she may need help learning to understand and control his/her impulses. Encourage him/her to discuss his/her feelings and help him/her think of constructive ways to deal with them. Above all, make it clear that bullying will not be tolerated.

12. *Choose TV programs that promote social skills*

