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Friendship skills: Suggestions for families

Parents and carers are children's first and most important teachers when it comes to relationships

The ways you relate to your children and the guidance you provide helps develop children's social skills. You can help children develop and maintain friendships by modelling effective social skills, providing opportunities for children to practise interacting with others, and offering support when they go through difficulties. Taking the role of a coach helps children learn the skills they need for themselves.



Children who have a wide range of interests are more likely to have something in common with others and so find it easier to make friends and get along.



The following suggestions may be helpful

Make time to play too

Parents and carers can improve their children's social skills by playing with them regularly. Letting children choose and lead the play allows you to be playful with them and encourages them to practise skills for cooperation and negotiation. Making time for play helps strengthen your relationship with them as well as their skills. Avoid criticising and make it fun!

Allow your child to try all sorts of different activities

Children who have a wide range of interests are more likely to have something in common with others and so find it easier to make friends and get along.

Invite children for play dates

Having friends over to visit helps children to establish friendships and practise their social skills. It also provides an opportunity for you to provide on-the-spot coaching for children as they develop their friendship skills. Providing positive guidance and helping to structure activities (without taking over!) can be very important when establishing new friendships.

Child says...

"There's this girl in my class who is really mean to everyone in class, and so we are all mean right back to her."

"Maybe she thinks we don't like her, and so she's being mean to us?"

"Well, I like her when she's not being mean."

"Maybe I could invite her over to play after school?"

Talk with children about what is happening for them with their friends

Find a relaxed time, like the drive home from school or after dinner, to talk about what is happening in your children's friendship group. By doing this, you let them know that you are interested in their wellbeing, and this can also be an opportunity to share some of your experiences and to help them solve any problems they might have.

Encourage positive, relevant strategies

Parents and carers can talk about, and encourage, friendly and cooperative strategies that can help their child to develop friendships. For example, encouraging children to negotiate or compromise when trying to solve conflicts with peers is a strategy that is more positively received than aggression or verbal threats.

Take a problem-solving approach

Parents and carers don't need to have the answers to all of their children's problems. You can support your children to think through a problem for themselves by talking with them and asking some useful questions. For example:

Parent/carer asks...

"Why do you think she is being so mean?"

"That could be one reason. Do you like her?"

"So how could you show her that you do like her, and that there's no need for her to be mean?"

Affirms: "That sounds like a great idea to me."

This resource is part of a range of KidsMatter Primary information sheets for families and school staff. View them all online at www.kidsmatter.edu.au



Tips for Parents and Carers for Participating in the Premier's Reading Challenge (PRC)

- ☐ Find out the name(s) of your school's PRC coordinator(s) and how they plan to administer the Challenge.
- ☐ Familiarise yourself with the PRC website. Logon is not required to view the *Booklists*, or read the *Rules and Frequently Asked Questions (FAQs)*.
- ☐ Set reminders for Challenge opening and closing dates in your and your child's calendar.
- ☐ Find out your child's logon details. For public schools, students' logon will be the same one they use to access computers and the internet at school.
- ☐ Assist your child to borrow books from the school or local library. Listen to your child read and talk about the story/ characters/ information. Read to or with your child if she/he is participating in the K-2 Challenge.
- ☐ Help your child to log on and add books to her/his Student Reading Record regularly.
- ☐ Check your child's Challenge history – log on to the website, go to Student Reading Record and select tab My Information. If Challenge participation at a previous school is not listed, contact your child's PRC coordinator.
- ☐ Contact your child's PRC coordinator if:
 - Your child has any difficulty using her/his logon details to access the PRC website.
 - You are concerned that your child's name is spelt incorrectly in the PRC website.
- ☐ Your child's online Student Reading Record (SRR) must have the required number of books recorded to complete the Challenge by the student closing date. School PRC coordinators have an extra week to validate the SRR. Only students with a validated SRR are eligible for a certificate.
- ☐ In the final weeks of the Challenge, log on regularly to the website to check the status of your child's SRR. Contact your child's PRC coordinator if you are concerned your child's SRR has not been validated.



This year our school is participating in Book Bonus, an **optional** online fundraiser linked to the NSW Premier's Reading Challenge.

Book Bonus offers an opportunity to encourage our students to read books for the Challenge while raising funds to help resource the school with high quality books.

Our school will receive books to 100% of the value of funds raised by our students and we'll also be helping schools in need across NSW. 50% of all funds raised will be used to provide books to schools in Dymocks Children's Charities literacy support programs.

Note also, there are **prizes for the students'** participation with each child raising over \$200 receiving a book of their choice (valued up to \$20) and prizes for the top fundraisers in the state.

How Book Bonus works:



For more information on this fundraiser and to register, go to the website www.bookbonus.org.au or contact our PRC co-ordinator, Mrs McGuire.



School Car Wash!

For the school and local community

- ★ Eco-Friendly Washing Agents
- ★ Professional Equipment

Saturday 21st March
11am - 4pm



@ St Kieran's Catholic Primary
School Manly Vale
Parish carpark entry off King St

Bookings

VISIT

www.trybooking.com/HBVC
OR just turn up and
pay cash on the day

- ★ Sausage Sizzle
- ★ Cake Stall
- ★ Loads of Fun
- ★ Plenty of Surprises

Please note: as this is a charity event, St Kieran's Catholic Primary School nor participants will be held liable for any damage caused to vehicles during washing by participants including children and adults and you are offering your vehicle at your own risk.



REGISTRATION FORM

Download or complete the form below and send with the registration fee to: reg@lincs.org.uk

DATE & TIME	ADDRESS	PREFERENCES	WORKSHOP TOPICS
NORTHERN			
Tuesday 24 March 2015 Registration - From 8.45am 9am - 3.30pm	Caroline Crabbler Carnegie Building 2 425, Leinster Hall, Bristol PENNINSULA 1B1LS 1B1LS 1B1LS Room at Carfax Road	Five Preceptors Sacred Tradition Tithing Fruit of the Spirit	
PENINSULA			
Wednesday 25 March 2015 Registration from 8.45am 9am - 3.30pm	Parish Centre St Edmund's Church Mead, Hebe Road, Tisbury 2, Kings Road PENINSULA 1B1LS 1B1LS 1B1LS	Lessons & Responses Sacred Tradition Tithing Fruit of the Spirit	
CENTRAL COAST			
Thursday 26 March 2015 Registration from 8.45am 9am - 3.30pm	Parish Hall Church of the Holy Trinity 279-281 The Fore Street, B&L THE BUTTS	Five Preceptors Sacred Tradition Tithing Fruit of the Spirit	

If one of your preferences is not available in your preferred region, would you be interested in attending that workshop in another region?

Yes / No

PROGRAM

8.45 am	Registration
9.00 am	Coffee and Light Lunch Registration, registration and a welcome for you
9.15 am	Workshops and introduction & group - one
9.30 am	Keynote Address: Part 1 - What of 2000? (Part 1) - Working with the Spirit of the Church (Part 1) - Working with the Spirit of the Church (Part 1)
11.00 am	Working Together
11.30 am	Registration Address: Part 2
12.30 pm	Lunch
1.00 pm	Session 1: The Church and the World
2.00 pm	Session 2: The Church and the World
3.00 pm	Session 3: The Church and the World
3.30 pm	Coffee

RSVP 19 MARCH 2015 by email at reg@lincs.org.uk

If you would prefer to discuss the details of the program, please contact the registration team at reg@lincs.org.uk or by phone on 01223 311111. The registration team will be happy to help you with any queries.

For more information on 2000 call 01223 311111 or visit the website www.lincs.org.uk.
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