



How to be a Sociable Child

Helping Your Child with Socialization

Equipping Your Child with Social Skills

- Kids at this age are more naturally socially adept
- Like any other skill, social skills can be learned
- “Social Butterfly” or outgoing isn’t the end goal
- Kids are able to form meaningful bonds, interact appropriately and have skills to adapt to uncomfortable situations.

What you can do with your child

- Encourage Good Habits and Manners
 - Saying thank you and sorry
 - Asking permission
 - Listening to others
 - Taking turns to speak
 - Eye Contact
- Reward Your Child with Positive Reinforcements
 - Praises

Whole Body Listening!

Larry wants to remind you to listen with your entire body



Eyes = Look at the person talking to you



Ears = Both ears ready to hear



Mouth = Quiet - no talking, humming or making sounds



Hands = Quiet in lap, pockets or by your side



Feet = Quiet on the floor



Body = Faces the speaker



Brain = Thinking about what is being said



Heart = Caring about what the other person is saying

Excerpted from the Whole Body Listening Larry books by E. Sauter and K. Wilson, available at www.socialthinking.com.
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The concept of whole body listening was first described in 1990 by Suzanne Roullete Truesdale.
Poster design and illustration by Eric Hahnloser.

Whole Body Listening

ears are listening

eyes are looking

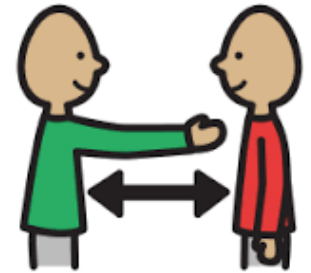
mouth is closed

feet are down and still

hands are still

I am ready to listen!

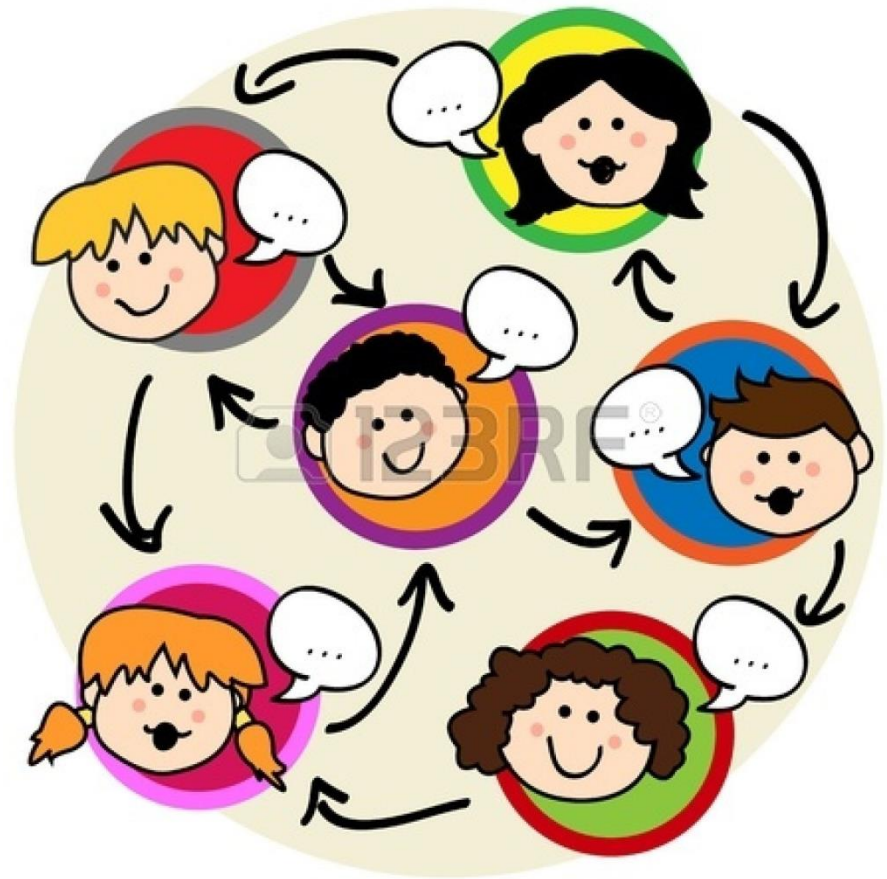
What you can do with your child



- Explain Personal Space
 - Others may feel uncomfortable when we are too near or in their personal space.
 - Maintaining at least 1 arm's length away from each other
 - Apologise when we are too near or accidentally bumped into one another.
 - [Personal Space for Young Children](#)

What can you do with your child

- Encourage your child to play
 - Allows conversations to take place between your child and their friends
 - 2 way communication
 - Ask questions, allow processing time, check on their feelings
 - Practice friendship making skills



Conflict Management Skills



- Purpose

- Encourage them to stand up for themselves
- Minimize consequences
- Minimize blaming on others
- Give them the opportunity to reflect and brainstorm for solutions to their conflicts

Conflict Management Skills

What your child might say	Promote Solution Finding
“ I don’t want to friend you!”	<ol style="list-style-type: none">1. Seek and understand the situation first2. Ask questions: “How does that make you feel?”3. Ask questions: “ If I did this to you, do you like it?”4. Encourage them to speak honestly and kindly5. Apologise when appropriate
“ You’re mean!”	
“ He do this to me!”	
“I don’t want to go to school”	