

### **Making relationships**

Friendships and social interaction are very important for self-esteem, it doesn't come naturally to everyone it takes practice!

Below are some things you can try to develop your child's confidence and ability to make relationships.

### **Picture cards**

Use picture cards that show a variety of emotions in faces and body language. This can help them interpret the visual cues for someone is sad, happy, angry or bored.

### **Invite friends home**

Encourage friendships by inviting others to your home. Ask your child's key worker if they have connected with a particular child at Nursery and you can arrange a play date!

### **Find an activity that interests them**

Build play dates around fun, interesting activities all children will enjoy and be creative e.g. exploring pizza dough and having a pizza lunch.

### **Practice turn taking**

Try to practice and prepare them as much as possible at every opportunity like going first or last e.g. getting into the car with others.

## ***List of suggested social skills you can work on at home***

- Asking for help
- Following directions
- Resolving conflicts
- Accepting differences
- Waiting patiently

Work on one social skill at a time

You may want to select one skill to focus on each week.

Create a chart to list the skills for that week and record how your child is doing. Use a simple system such as happy face, neutral and sad face to show progress.

Talk about the social skill and keep practicing the social skill!



## **Learning through Play**

## **Personal, Social and Emotional Development (PSED)**



Personal, Social and Emotional Development (PSED) is a prime area of learning which is broken down into 3 strands in the Early Years Foundation Stage curriculum:

### **Making relationships**

### **Self-confidence & self esteem**

### **Managing feelings and behaviour**

We need to encourage children to discuss their feelings and talk about them.

Support their confidence by encouraging them to have a go at things. Praise their efforts and celebrate their successes!

Lead by example. You are role models, children learn how to behave by observing and imitating adults.



### *Activities to do at Home...*

Give children choices, encourage problem solving skills and provide opportunities to play with others

Let them choose where to have their bedtime story, what toys to take on a picnic or how to get to nursery



You could build a den out of different things at home e.g. tables, chairs, material and boxes and work together as a family to show the benefits of teamwork

Let your child join in with cooking, shopping, sorting the washing to develop responsibility

### **What if my child doesn't have any friends yet? Should I be worried?**



Remember that all children develop at different rates across the different areas of learning. That is what makes them unique!

At first they may observe others, play near them but not with them but parallel play is the start.

Even playing alongside other children can fuel interaction or friendships especially if there is a common shared interest.

When they are ready they will engage with others and then do this freely and confidently whilst making friendships.

