

Helping Kids Make Friends

Help your
child build

FRIENDSHIP SKILLS



Having friends is good for our mental health. Making friends - or even growing friendships - can be hard for some children (and let's face it, adults too!) Here are some skills you can teach at home and how to help a child think through what ingredients make a good friendship.

1. **Show them how you do it**
 - How did **you** meet your friends
 - Ask questions and listen for answers
 - Find common interests
 - Know what to share and what to keep private

2. **Help them get started**
 - How to introduce yourself and make eye contact

3. **Practice**
 - Do a trial run with a family member

4. **Think about and discuss**
 - What are they looking for
 - What makes a good friend and what is important to them (i.e. kind, patient, loyal, silly, or quiet)

5. **Consider what would not be good in a friendship**
 - Deal breakers: lying, mean, bullying

6. **Teach them how to work through problems with friends and how to deal with disagreements**



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