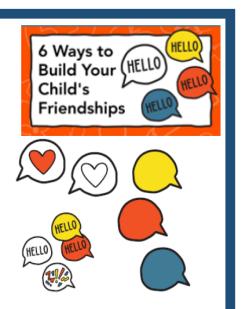
Helping Kids Make Friends



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)
- Consider what would not be good in a friendship
 - Deal breakers: lying, mean, bullying
- Teach them how to work through problems with friends and how to deal with disagreements







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