

## Social skill building

### **Description:**

Some children have difficulties with making friends and using language appropriately when talking to adults or other children.

Children with social skill difficulties may have difficulty:

- Taking turns in a conversation
- Making eye contact when talking
- Understanding how other people feel
- Understanding that their actions have an effect on others
- Understanding non-literal languages such as 'sayings' like "it's raining cats and dogs"

### **How can I help at home?**

1. Model good social skills at home and in the classroom
2. Talk about a particular skill with your child (e.g. one of the rules of talking is that 'I have turn, and then you have a turn')
3. Role play or 'act out' using the skill, starting with a game may be the easiest (e.g. card games, board games)
4. Talk over the role play and point out what made it work (e.g. "that was fun, we both had turns")
5. Make rules about how a skill will be used (e.g. in the home/classroom e.g. "it's important to let others talk too")
6. Discuss specific situations when you have seen poor social skills (e.g. "when you look at me I know you are listening")

