



# Supporting children, families and schools

## Developing Friendship Skills

School is the place where children learn to navigate the world of friendships. At this age, alliances often shift and change. Learning to make new friends and get along with peers can cause some distress to most children.

## How can parents help?

It is important to listen to your child's experiences with peer challenges. Instead of telling them what to do, help them problem-solve, and also to clarify and understand their feelings. It is always best to stay away from taking sides with either child-offer empathy for all of your child's feelings and also reflect together on how their peer might be feeling. Coach your child to stand up for themselves using their words and help them learn to express their needs rather than attacking their friend. It is helpful to practice this together.

If you would like to meet for a confidential and non-judgmental talk about you or your child or any other worries, I am available on Wednesday 9-10 a.m. To book an appointment, you can call/text me on 07833 460683 or e-mail: [greta@schoolscounsellingpartnership.co.uk](mailto:greta@schoolscounsellingpartnership.co.uk)

With best wishes,

Greta

Therapeutic Lead in Schools

