Helping kids learn how to make friends

At a glance

- Making friends for children is critical to enjoying school and learning.
- Guide children to control their impulses.
- Role model good social behaviour, turn-taking etc, for your child.
- Many children prefer just one special friend.
- Help your child think of ways to start conversations or games with others.
- Invite other children over for play dates and watch their behaviour.
- Speak to your child’s teacher if your child is having difficulties making friends.

Teaching your child about the importance of making friends is as vital as learning their ABCs.

Cathrine Neilsen-Hewett, a child development expert at Macquarie University, says if children are happy socially they tend to be more engaged in their learning.

"If you speak to any Kindergarten child, one of the most important things for them is having friends and having people to play with," Cathrine says.

She says children who are on their way to developing a healthy social life and good learning strategies:

- have good self-control skills such as sitting still and listening quietly
- work easily in small or large groups
- follow directions and cooperate with others.

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Social self-control

An important factor in helping children to be happy socially is guiding them to control their impulses. At the end of preschool, children can sometimes still act out their frustrations or wants by hitting or through verbal aggression, however by the end of the Kindergarten year, "children who are still playing like that are the ones who are at risk of being rejected by their peer group," Cathrine says.

"Children very quickly develop reputations, so you want to step in as soon as you can and develop those appropriate social skills. You don't want your child to be known as the one who hits other children, or the one who doesn't share. You want to cut that off as soon as you can in Kindergarten and really work on that."
Role modelling at home

Cathrine suggests using opportunities at home to model good social behaviour, such as teaching your child to take turns, share their toys and even give attention to others.

"Children who are more popular are those who ask a question of another child and then listen to their responses. It's modelling that at home when they're interacting and talking with each other, and it's about how to engage peers in conversation and pay compliments to their friends, 'Gee, I really love that picture'. That success in terms of peer interactions is critical," she says.

Inviting children over for play dates in small groups on the weekend and monitoring their interactions is also helpful because you can see how your child is interacting, and guide the behaviour if need be, Cathrine adds.

Children who are more popular are those who ask a question of another child and then listen to their responses.Cathrine Neilsen-Hewett Macquarie University

Connecting with your school

If your child's behaviour at school does become a concern it's important to approach the teacher.

"Effective learning is all about partnerships and having a sense of connection between the home and the school environment. When there is a sense of disconnect that's when children are at risk. It's about being connected to your community, to other parents as well as the teachers and the children," Cathrine says.

Social butterfly or seeking one best friend?

Not all kids feel comfortable in a big group and many will choose to have just one special friend. It can be hard for very social, extroverted parents to relax when their child doesn't seem to have many friends, but it may genuinely be what your child prefers.

If your child is a "harder to get to know" type, it could be they find it difficult to break the ice with other kids. Social entry skills are still being developed in early primary school.

You can help by encouraging play dates with specific children. Volunteering for an hour or so a week in the classroom with give you the opportunity to meet all their classmates (and even have a quiet word with the teacher) so you can suggest possible play mates to your child.

Perhaps you can organise an after-school coffee at a local park with one of the other parents, to give both children the chance to get to know each other one-on-one, with the added security of having you nearby.

Helping your child make friends

- Talk to your child at home each night about who they are playing with. Ask specific questions like "What games did you play at lunchtime today?" "Who else was playing too?"

- Discuss with your child what makes a good friend.

- Suggest things they might do, like taking a ball or toy (nothing too big or valuable) to school and asking a classmate to join them in a game.

- Choose a possible classmate and ask your child to find out one thing about them. For example, "Does Sophie have any pets?" It can spur your child to be curious about their peers and gives them a question to help break the ice.
• Make an appointment to speak discretely with your child's teacher if you feel your child is having trouble making friends. The teacher will probably observe your child's interactions at recess and lunch and also pair them with different classmates during classroom activities to help break the ice.

• Read Social and emotional growth - school age from the Raising Children Network to understand age-typical social development for children.

Children thrive with parental involvement

At a glance

• Kids become better learners when their parents get involved in their education.
• Parental involvement encourages kids to pursue higher education.
• Parental involvement makes kids happier.
• Seek suggestions from your child's teacher if you run out of ideas.

Turning the snags at the school sausage sizzle or sewing sequins on costumes for the school play has far more value than parents realise.

As a parent, you are the most influential factor in how your child views school and the community they're part of. Your involvement with their learning goes a long way towards your child becoming a capable, resilient and happy adult.

Regardless of whether your children are in primary or high school, never be afraid to ask teachers how you can get involved. In the eyes of the school, you a valuable resource. Here's why.

When parents are involved in their child's school life, it leads to a happy and well-adjusted child.

Better learners

Research shows that kids do better at school when parents get involved – in maths, English, their social relationships and their approaches to learning. It has also been proven that parental involvement leads to higher rates of children finishing school and higher aspirations toward further study.
Happier kids

When parents are involved in their child's school life, it leads to a happy and well-adjusted child, who has positive relationships with teachers and peers. If you find you need to have a tricky conversation with another parent or a teacher later in the year, it feels easier when you've already met them.

Better coping skills

Resilience is the ability to bounce back from disappointments and traumas in life. Research shows that a sense of belonging to a community is a key factor in becoming resilient. Children are more resilient when they feel they are a valuable part of the community, and especially in their school community. Parents also develop greater resilience skills if they feel they are supported in their community.