



Issue #2 Term 1, 2025
 In this issue, discover tips and strategies to help your child grow socially and build confidence every step of the way!



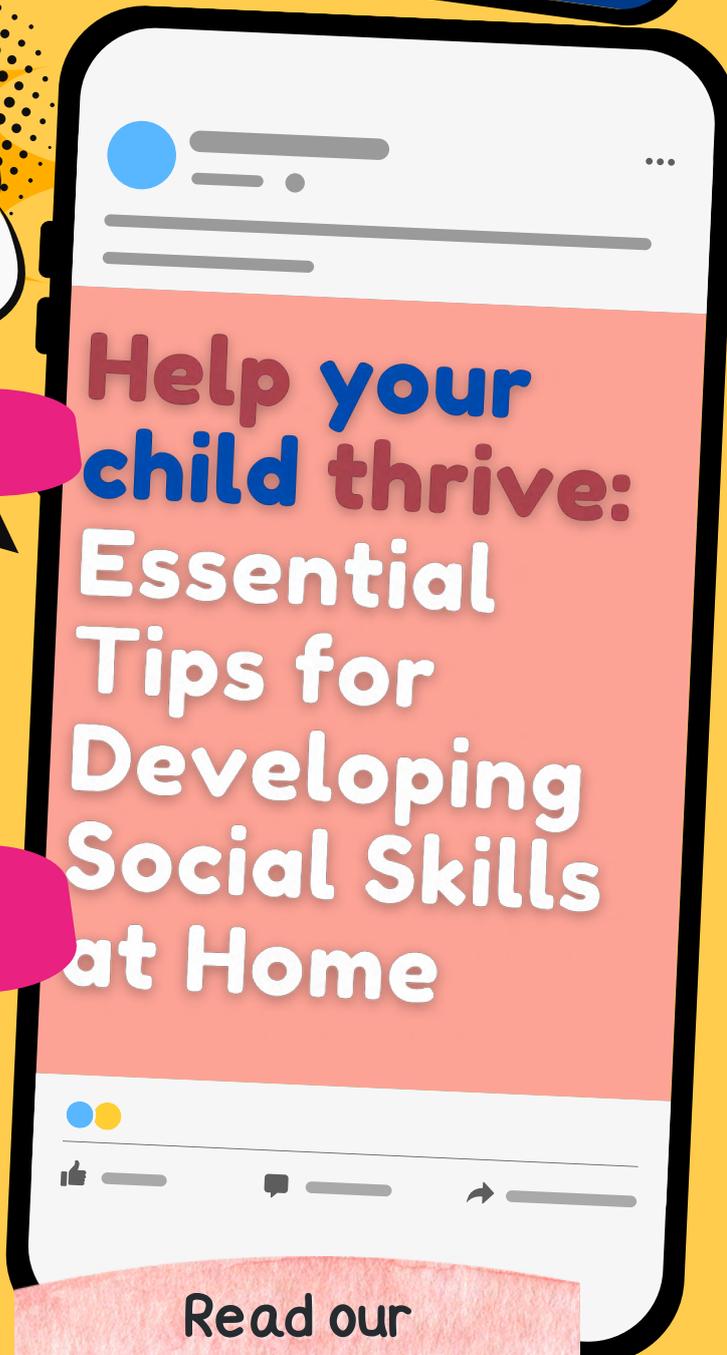
Want to Boost Your Child's Social Skills? Try these!

Tip 1: Build Positive Interaction Skills

Tip 2: Nurture Empathy

Tip 3: Teach Your Child to Consider Others' Views

Tip 4: Affirm Positive Social Behaviours



Read our newsletter to find out more



Well-Being Watch



Building Positive Social Skills: A Guide for Parents of Children Aged 7 to 12

KEY EVENT

WORLD SLEEP DAY
(14 MARCH 2025)
THEME: "MAKE
SLEEP HEALTH A
PRIORITY"

Does Your Child Struggle with Social Skills?

- Have you noticed your child having difficulty making friends?
- Do they find it challenging to express their thoughts and emotions?
- Have they experienced conflicts with peers that they do not know how to resolve?

Did you know?

A well-rested child communicates better and builds stronger, lasting friendships!

Why Are Social Skills Important?

Social skills help children:

- Form meaningful friendships
- Resolve conflicts peacefully
- Understand and empathise with others
- Express themselves confidently





How Can Parents Support Their Child's Social Development?

Tip 1

Build Positive Interaction Skills, such as Sharing and Turn-Taking

Encourage your child to engage in activities that require sharing (of ideas) and taking turns. Here are some activities to hone these skills:



A

Engage your child in a board game where they take turns and follow rules.

B

Create opportunities for teamwork, such as planning a family event together.



Tip 2 Nurture Empathy in Your Child

Help your child nurture empathy by encouraging him to recognise other's feelings and respond with kindness. Ask questions like, "How do you think they felt?"

Practise simple conversation cues like making eye contact and listening attentively. Small acts of kindness can make a big difference!

Scenario: Your child is upset because a friend did not speak to him.

Child

I am not sure why my friend is so quiet today.

Parent

How did you feel when your friend didn't talk to you?

I felt sad and left out.

That must have been hard. Do you think something else might be bothering him?

Maybe... I should ask and see if he's ok



Takeaway

- Encourage your child to listen with understanding.
- Explain to your child that misunderstandings can be clarified through open communication.

Tip 3

Teach Your Child to Consider Others' Views

Help your child understand that other people's thoughts, feelings and perspectives are just as valuable as their own. This will help them to develop empathy and respect for others, which is foundational in building relationships.

Scenario: Your child disagrees with a friend about which game to play.

An illustration of a parent and a child sitting on the floor and talking. The parent is on the right, wearing a blue and green jacket, and the child is on the left, wearing a purple and blue jacket. A large speech bubble is positioned above them.

I understand you want to play soccer, but your friend wants to play table tennis. How can you both agree on something fun?

An illustration of a girl with long brown hair, wearing a yellow shirt and blue pants, sitting on the floor with a laptop. A lightbulb is shown above her head, indicating an idea.

Help your child understand different perspectives. Encourage him to respect others' preferences and work together to find a solution that all parties are comfortable with.

Takeaway

- Encourage your child to ask, "How would I feel if I were in someone else's shoes?"

Tip 4

Praise Your Child for Positive Social Behaviours

Acknowledging good behaviour helps children develop stronger social skills. When you recognize and praise positive actions, it encourages them to continue practising these behaviours.



Scenario: Your child managed to resolve a disagreement with a sibling calmly.



"I'm really proud of how you spoke kindly to your brother and stayed calm during the conflict."

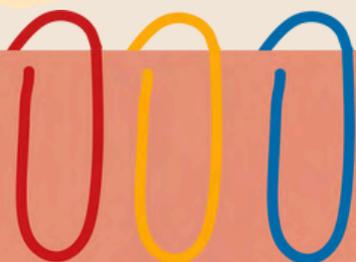
Takeaway

- Affirm your child. Help your child understand what was done right, reinforcing the behaviour you want to see more of.
- Encourage them to continue making thoughtful and respectful choices in their interactions with others.
- Parents can role-model by demonstrating how to express emotions and resolve conflicts constructively. When children see adults practising positive behaviors, such as respectful communication and conflict resolution, it reinforces the importance of these actions.

Building Positive Social Skills Starts at Home

As parents, you are key to helping your child build strong social skills that will serve them throughout life. The skills your child develops at home will guide them to navigate social situations with confidence.

By embracing everyday moments to encourage positive interactions, nurture empathy, teach respect for others' perspectives, and affirm positive behaviour, you are giving them tools to thrive in their social relationships. With your support, you're helping them grow into compassionate and confident individuals who can form meaningful connections with others.



Additional Resources for Parents

For more parenting tips on building social skills, visit:

- [MOE Schoolbag](#)
- [HealthHub: Social Intelligence](#)
- [Parenting With You - MOE Instagram](#)