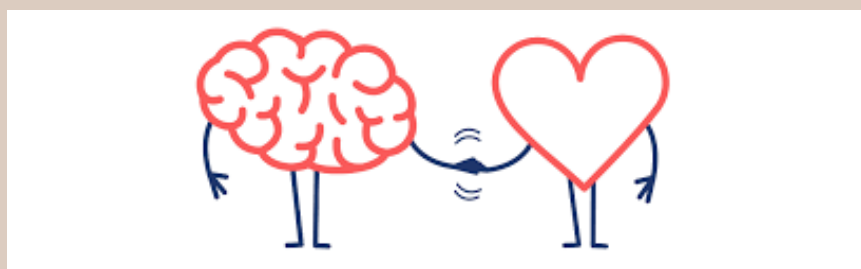


5 Social Skills for Kids



Communication

Teaching children about healthy communication begins from day one. Children learn through verbal and nonverbal signs, and begin to model what they see from an early age. Teaching assertiveness and "I messages" is a good start.

Conflict Resolution

Children will face conflict with their peers from an early age. It is important to teach children about managing their own emotions so that they can work through problems with peers and authority figures.

Kindness and Diversity

Children learn about respecting others and kindness from their family and close friends. When raising children, be sure to expose them to diverse situations so they can learn how to be respectful and kind to others.

Empathy

The definition of empathy is the ability to understand and share the feelings of another. This starts with children first understanding their own feelings, and then being able to take the perspective of another person. This generally develops over time but is nonetheless important to teach at an early age.

Friendships

Children rely a lot on their peers and friends at various times in their lives. Teenagers focus heavily on their social lives and less on their families as they grow. Being a good friend is hard, and takes being honest, open, kind, and communicating with their peers.