



Windsor Essex
Child/Youth
Advocacy Centre

SOCIAL SKILLS

Social Skills are the skills we use daily during interactions with others.

Depending on the developmental level of your child, you may find they are not as 'in tune' to social skills and cues. Don't panic! Practice these skills with your child through the examples provided to the right.

WHAT IS THE IMPORTANCE?

- Social skills are crucial for making/sustaining friendships and are required throughout life.
- You can often gauge if a person is interested in a conversation based on their facial expressions and body language.
- When conversing, you want to show the other individual that you are interested in hearing what they have to say. This may include facial expressions such as smiling and eye contact, or may include body language such as nodding your head or leaning in.
- Consistency is important when practicing social skills and cues. Be self-aware and open to feedback.

IDEAS FOR PRACTICING SOCIAL SKILLS

Visuals: Develop pictures of rules to remember for facilitating a conversation. Rules may include greeting with "Hello, how are you?" and using eye contact.

Role Play: Model the interaction skills you want your child demonstrating. You can also practice various phrases with them such as "Hi, my name is..." to become more comfortable with interaction.

Sing Songs: Ensure they are songs that allow your child to learn about different emotions. A song example includes "If You're Happy and You Know It".

Turn Taking: Play board games with your child and have them practice turn taking by using phrases such as "Your turn" and "My turn".

Games: Ensure your child does not always win, so that they learn to accept the loss and practice processing their feelings towards it.

Observe and Comment: Watch your child's interactions with others and provide feedback to your child. Examples include lack of eye contact, standing too close to the person, or interrupting the other person.