

Newsletter

Hope you have a great summer! Here are a few ideas that might be useful.





Top Tips for Parents!!

Free Resources on a wide range of parenting topics available from

www.parentingni.org/resources/top-tips/



For any parent with any issue - free helpline and face-to-face counselling services are available from Parenting NI throughout the summer and beyond! Ring Freephone 08088010722 to talk to a trained counsellor.

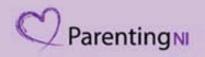




Time for Children . Time for Parents . Time Together

For upcoming programmes for parents & children in Strabane check

out <u>www.parentingni.org/parents/families-</u> together/



HELPING CHILDREN LEARN POSITIVE FRIENDSHIP SKILLS

Children's friendships are very important for their social & emotional development. Through friendships children learn how to relate with others.



SOCIAL SKILLS THAT PROMOTE POSITIVE FRIENDSHIPS

Starting conversations | Accepting others **Taking turns Expressing feelings Asking questions** Complimenting others

Apologising to others Following rules of play Refusing to join in negative behaviour

Sharing Listening Playing fair **Helping others** Cooperating

Parents & carers have an important role to play in helping children develop friendships. They set examples for children to follow through the ways they manage relationships. Some of the things parents/carers can do to support children's friendship skills include:





TEACH POSITIVE SOCIAL SKILLS

ENCOURAGE CHILDREN TO PRACTICE THESE SKILLS

HELP CHILDREN SOLVE FRIENDSHIP CONFLICTS