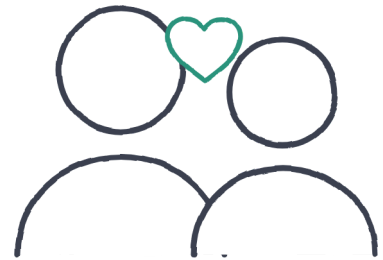


FACT SHEET • PRIMARY

Helping Your Child Make Good Friends

Friendships at primary age are a child's first proper practice at getting on with people outside the family: sharing, taking turns, sorting out an argument and staying friends afterwards. None of that comes naturally; it is learned slowly, through actually doing it, getting it wrong sometimes and trying again the next day at school. These five ideas help it along.



TIP 1

Talk through what happened

After a falling-out, ask what happened rather than who started it. Working through the sequence together helps your child see their own part in it, without feeling accused.

TIP 2

Practise the words in advance

Rehearse simple lines at home: "can I join in?" or "I don't like that, stop". Having the words ready makes them easier to use in the moment at school.

TIP 3

One good friend is enough

Not every child needs a big group. If your child has even one friend they trust, that is a solid foundation. Don't measure their social life by how many names they mention.

TIP 4

Widen the circle beyond school

Clubs, cousins and neighbours give your child practice with different personalities and a friendship that isn't tangled up with the same classroom politics every day.

TIP 5

Stay out of small disputes

A minor fallout on Tuesday is often forgotten by Wednesday. Ask if your child wants help before wading in, and let ordinary friendship squabbles sort themselves out where they can.