BBC ADJUSTMENT COUNSELOR NEWSLETTER

FRIENDSHIPS

🌟 4 Tiny Habits that Make a Big Difference

- **Practice "The Wait":** At school, we practice waiting for a toy. At home, you can play a quick game of catch or roll a car back and forth, saying, *"My turn... now your turn!"* to build impulse control.
- **Use "Check-Ins":** If someone gets bumped or feels sad at school, we encourage friends to ask, *"Are you okay?"* You can model this at home when a sibling falls down or even when a character in a book looks sad.
- **Celebrate "Noticing":** Notice and praise your child when they share or use gentle hands. A quick sentence, *"You gave that block to your brother, that was so kind!"* reinforces that behavior.
- **The Power of "Stop":** We teach children that if a friend says "stop" or "no," their hands and feet must stop right away. You can practice this at home during play.

RESOURCES FOR FRIENDSHIP SKILLS

HOW TO HELP YOUR CHILD LEARN TO TRADE

ENGLISH | ESPANOL

HOW TO TEACH YOUR CHILD TO TAKE TURNS

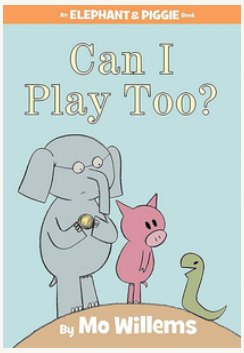
ENGLISH | ESPANOL

HOW TO HELP YOUR CHILD LEARN TO SHARE

ENGLISH | ESPANOL

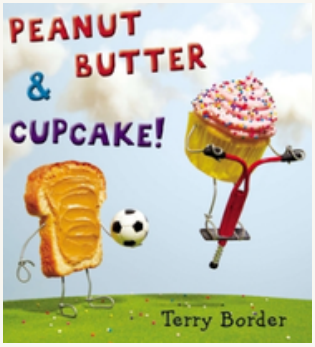


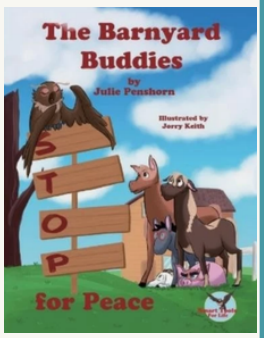
BOOKS











📚 BEDTIME STORY CONVERSATION STARTERS

READING TOGETHER IS ONE OF THE BEST WAYS TO TEACH EMPATHY. NEXT TIME YOU READ A BOOK ABOUT FRIENDSHIP, TRY ASKING THESE QUICK QUESTIONS:

1. ***"LOOK AT THEIR FACE. HOW DO YOU THINK THAT CHARACTER FEELS RIGHT NOW?"***
2. ***"WHAT COULD THEIR FRIEND DO TO MAKE THEM FEEL BETTER?"***
3. **"WHAT WOULD YOU DO IF A FRIEND AT SCHOOL WAS PLAYING ALONE?"**

HELP YOUR CHILD PRACTICE BEING PROBLEMS SOLVERS AT HOME

HELP YOUR CHILD BE A GOOD FRIEND

FRIENDSHIP CRAFTS