

Strategies That Will Help Your Child Socialize



Children with good social skills are able to have better relationships with their peers. However, the benefits of having strong social skills extend far beyond the social norms. Children who are better at socializing will likely reap immediate advantages. One study, for instance, showed that high levels of social competence can help decrease stress among kids who are at pre-primary school.

Social skills require constant refinement as children mature. It's not something children either have or doesn't. These skills can be mastered and honed through effort and repetition.

Certain social skills are complicated, like understanding the need to speak up when you feel a friend is victimized, or to not speak up when you aren't in agreement with an order from the umpire.

BENEFITS

Social skills can provide children with a number of advantages. They contribute to better achievement in school and improved relations with their peers.

- **Success**
Social skills that are well-developed will help children have better prospects for the future. According to a research study published in *American Journal of Public Health* the child's emotional and social abilities in school could be the most important indicator of their success later in life.
- **Friendships**
Children who have good social skills and easily get along with their other peers are more likely to form friends with greater ease. Studies show that friendships in

childhood can be beneficial for children's mental well-being. Friendships provide children with opportunities to develop higher-level social abilities such as problem-solving and conflict resolution.

- **Stress**

Lacking the abilities to communicate with others is likely to increase stress. For example, being away from the family can be stressful for children. If they're not able to connect with other people effectively the situation only gets more difficult. It's never too early to begin teaching children how to interact with other people. It's always a good time to develop their abilities too. Begin with the most basic social skills first. Then, keep improving your child's abilities in the course of time.

- **Sharing**

The willingness to share the same food or toy can go a long way in helping children make and maintain friendships. Although it's not an excellent idea to make your child do something, you should often point out sharing whenever you observe it. Encourage your child to share and observe how people feel. You could say "You decided to share your food with your sibling. I'm sure she's happy over that. It's a nice act to perform."

- **Cooperating**

Cooperation is working in tandem to accomplish an objective that is common to all. Children who cooperate are considerate when others ask for help. They also take part, are involved in activities, and assist. A good level of cooperation is essential to be able to coexist in the community. Your child will have to collaborate with their peers at the playground, and at school. It is crucial to cooperate in adulthood, too. For kids, cooperation can include things like building a tower with friends to playing games that require everyone to play. The process of cooperating can also involve developing the ability to play a positive game when things don't happen as planned. Children learn that recognizing someone else's accomplishments is not a way to diminish their value. Discuss collaboration and the tasks are more efficient when everyone is involved. Make it possible for the entire family to collaborate like cooking a meal or performing chores. Stress the importance of collaboration.

- **Listening**

It's not just about being silent, but it's also about really taking in the words of someone else. Listening is also an essential element in healthy conversation. For all of what is taught in schools is contingent on a child's ability to hear the teacher's words.

The ability to absorb the information making notes, absorbing the information, and pondering the information being discussed is even more crucial as your child progresses academically. It is also a crucial aspect of building empathy. Children can't be compassionate or provide help to anyone without taking note of what the other person's words are. It is crucial that your child is taught how to be a good listener to their teachers, parents, and even friends. This ability may require some skills to acquire in the age of electronic devices. Make sure your children are aware from a young age that phones and other gadgets are not allowed to be used when they are in conversations. While reading a book with your children, stop every now and then and request them to share their thoughts with you what they've read. Stop and ask, "Tell me what you remember about the story so far", Help them to fill in any gaps that they're missing and remind them to remain attentive while you go on. Don't let them interrupt you when you're talking to them.

- **Following Directions**

Children who are unable to follow instructions are more likely to suffer many consequences. From having to do their homework assignments to becoming caught for violating the rules and not following directions could cause a lot of trouble. It doesn't matter if you're teaching your children to keep their rooms clean or you're telling them ways to improve their skills at cricket, it's essential for children to know how to follow instruction and follow directions. Before you can anticipate your child to become proficient in following directions, however it's crucial to be able to give directions. For a successful way to give instructions and avoid making common mistakes, use these tips.

a. Give a child only one direction at a Instead of telling them, "Pick up your shoes, put your books away, and wash your hands," wait until your shoes are taken away before giving the next order.

b. Do not phrase your instructions in the form of a question. If you ask your children, "Would you please pick up your toys now?" implies that your children are free to refuse. After you've given your kids instructions, have them be able to repeat what you've said. You can ask them, "What are you supposed to do now?" and wait for them clarify what you said to them.

c. Be aware that mistakes are common. It's common for children to get caught up in their own thoughts, act recklessly, or not remember the rules of conduct. Consider every mistake as an opportunity develop their abilities. You can praise your child for following instructions by saying things such as, "Thank you for turning off the TV the first time I told you to." If your children are struggling to follow instructions, offer them the opportunity to practice obeying simple instructions. For instance, you could say, "Please pass that book to me," and immediately give them praise for obeying the directions.

- **Respecting Personal Space**

Some children are known as close talkers. Some others swoop into the laps of acquaintances and have no idea it can make them feel uncomfortable. It's crucial to teach kids how to respect the other person's private space.

Establish rules for your home that help children to respect other people's private space. "Knock on closed doors," and "Keep your hands to yourself," are only two examples. If your child grabs objects from people's hands or is a bit irritable set up the consequences. If your child sits too close to other people when talking, make it an opportunity to teach.

Let your child be a part of the conversation and offer some guidance on personal space concerns. As they grow older you could talk with them about the idea about boundaries—both creating them for themselves as well as respecting the boundaries of other people. Make sure your children keep an arm's distance away from others when talking. When they're waiting in line, discuss how close they

should be to the person who is in front of them. Also, remind that they should not touch anyone else's hands. You might role-play various scenarios to help kids practice appropriate personal space.

- **Making Eye Contact**

Eye contact is a crucial aspect of communicating. Many children are unable to focus on the person they're talking to. If you have a child who is shy, likes to look at the floor, or isn't able to look up while engaged in an activity, make sure you emphasize the importance of eye contact.

If your child is struggling in eye contact, give short reminders following the event. With a soft voice, ask "Where should your eyes go when someone is talking to you?" You do not want to give an anxious child more stress. Give praise whenever your child does remember to pay attention to people while they are speaking.

a. You might want to show your child what it's like to have a conversation with people who aren't making eye contact.

b. Request them to tell their story while you stare at ground, shut the eyes and gaze everywhere but at them.

c. Ask them to share a different story and ensure that they make eye contact during their conversation.

d. Discuss how each situation made you feel.

- **Using Manners**

Thank you and saying please and displaying good table manners can help in getting your child noticed to the right reasons. Teachers, parents as well as other children will be more respectful of a well-mannered child.

Of course, teaching good manners can be a difficult struggle at times. From screaming at the table, to being rude, every child is likely to let their good manners slip to the side sometimes. It is important, however, for kids to know how to be polite and respectful—especially when they're in other people's homes or at school. You can be a model for your child's behaviour by modelling your own. This means saying "No, thank you," and "Yes, please," to your child regularly. Always use good manners when you interact with others. Give them reminders when they do not follow the rules and encourage them when you see them being courteous.