



Family *wisdom*

Every few weeks we provide advice and support around the foundations of good child development. The aim is to **prepare our children for adulthood**. These cover:

1. Listening and attention;
2. Sleep, exercise and diet;
3. Preventing children from seeing harm/trauma/inappropriate TV or games;
4. Hygiene and personal care;
5. Boundaries and routines/assertive parenting;
6. **Socialising**.

If you have a good idea or thought to contribute, please get in touch with us.

Socialising

In today's digital world, fostering real-life social skills in primary school children is essential. Encouraging the following will really help to develop strong social skills in your child. These efforts will greatly benefit their future success and happiness.

Here are some practical ideas:

Offline time

Scheduled Playtime: Set specific times for outdoor play or non-digital activities.

Hobby Clubs: Enrol your child in local sports teams, art classes, or dance lessons to promote offline interaction.

Family Activities: Plan regular family outings or game nights to reduce screen time.

Problem Solving Fallouts

Role-Playing: Use role-playing to practise resolving conflicts with your child.

Open Discussion: Encourage open discussions about their feelings and how to handle disagreements.

Guide Rather Than Solve: Let children try to resolve their conflicts first before stepping in to guide them.

Discipline and Social Etiquette

Manners Practice: Practise basic manners like saying "please" and "thank you" at home.

Routine Chores: Assign simple household chores to teach responsibility and teamwork.

Positive Reinforcement: Praise and reward good social behaviour to reinforce positive actions.

Being Part of a Team

Group Activities: Encourage participation in group activities like sports, scouting, or school clubs.

Project Collaboration: Organise small group projects with friends to foster teamwork skills.

Celebrate Team Successes: Acknowledge and celebrate both individual and team achievements to build confidence.

Encouraging Social Development

Arrange Playdates: Regularly schedule playdates with classmates or children who live near.

Community Events: Attend local community events and encourage your child to interact with peers.

Lead by Example: Demonstrate positive social interactions and etiquette in your daily life.

Remember, there are some children that will find the above harder, so adaptations will need to be made.