

MAKING FRIENDS

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Issue 3



Are you looking for more information or support? Call us!
506-862-3783

SELF CARE

Healthy eating and physical activity are important parts of self-care. The NB Wellness Movement website is a great place to find information about wellness activities going on in your region.

<http://www.wellnessnb.ca/>

Here are a few tips that you and your family can use to help your child make and keep friends.

Develop and Practise Social Stories

Develop and practice *social stories* to help your child remember appropriate social interactions. Create stories and scripts with pictures that describe common social activities such as waiting your turn, personal space, or sharing.

<http://fasdtoolkit.weebly.com/social-stories.html>

<http://www.pictoselector.eu/>

Strategies

- **Role-play:** Role-playing and role-modelling are effective techniques to help your child understand how to act in social situations.
- **Help your child learn to recognize body language and social expressions:** Look at pictures of people in books and magazines and teach what the people might be thinking or feeling.
- **Involve your child in group activities:** Sports teams, clubs, and groups are a good way to expose your child to organized social settings, build social skills, and meet children with common interests. Look for activities that provide lots of structure.
- **Develop a support network:** Join (or form) a support group for families with children affected by FASD. Encourage the friendships your child makes at these meetings.

(Adapted from Lutherwood, Making and Keeping Friends)

QUICK TIPS

- HELPING YOUR CHILD MAKE AND KEEP FRIENDS WILL REQUIRE A LOT OF PARENT OR CAREGIVER INVOLVEMENT.
- WITH STRUCTURE AND SUPERVISION BY CAREGIVERS, YOUR CHILD CAN ENJOY POSITIVE SOCIAL INTERACTIONS.

<https://www.fasdwaterlooregion.ca/strategies-tools/sub-page-test-2/making-and-keeping-friends>