



Peer Relationships and Your Child

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Social Developmental Stages



5 year olds/Kindergarten

- Literal
- Like to help and be “good”
- Like rules and routines
- Difficult to understand others point of view
- Temper tantrums -Hitting, Calling Names

6 year olds/1st Grade

- Competitive and sometimes a poor sport
- Failure is hard and thrives on encouragement
- Can be bossy and critical of others
- Friends are important -might even have a best friend

7 years olds/2nd Grade

- Can be moody and withdrawn
- “Nobody likes me”
- Conscientious
- Frequent friendship shifts

8 years old/3rd Grade

- Highly Sociable
- Humorous
- Trouble with limits and boundaries
- Moral compass developing
- “That’s not fair!”

9 years old/4th Grade

- Can be sullen and moody
- Worry/Anxious
- Critical
- Cliques
- Competitive
- Forgiveness and 2nd chances

10 years old/5th Grade

- Enjoy being with groups of friends
- Enjoy being recognized
- Meltdowns with tears and physical outbursts

11 years/6th Grade

- Moody
- Oppositional at times
- Likes to argue and self-absorbed
- Does better away from home
- Social Groups are priority

What are we teaching at Selwyn?

-Bullying

-Bothersome

-Mean Moment

Mean Moment

- Targeted, intentional behavior meant to harm
- An isolated event
- Easily resolved

Bothersome

- Targeted, intentional and repeated behaviors that are NOT intended to hurt!
- Sometimes has a hard time making it stop
- Intended to get attention

Bullying

- Targeted, repeated, intentional behaviors meant to hurt or harm
- Not easily stopped
- Usually involves a power imbalance
- 4 types: physical, verbal, social and cyber

How can you help your child?

- LISTEN!
- MODEL!
- Problem Solve!

Do you listen to your children?

Active Listening

- Acceptance of feelings
- Paraphrasing
- Let's role-play!

Model

- Children learn social skills by those closest to them
- Be mindful of your conversations and attitudes
- Be weary of “labels”

Problem Solving

- Use active listening skills
- Encourage rational thoughts
- Propose scenarios
 - “what if”, “what do you think”

Letting go

- Allow time for the child to solve problems themselves
- Avoid intervening unless there is a safety issue
- Avoid the urge to fix

Keep in mind...

- Making and keeping friends is a process
- Know and accept your child's strengths and weaknesses
- Empathy Training -Pets?
- Role "play" time at home
- Encourage positive relationships between siblings

Resources Available

- Parenting with Love and Logic
 - -Teen Health Connection, Charlotte
 - <http://www.teenhealthconnection.org/index.php/services/health-education/parenting-the-love-and-logic-way>
 - -Alexander Youth Network, Charlotte
 - <http://www.alexanderyouthnetwork.org/our-services/parenting-classes/>
- YARDSTICKS by Chip Wood
- PBS
 - <http://www.pbs.org/parents/education/going-to-school/social/>
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