

February News

CARRO OF GOD PRESCHOOL

Feb. 8th – 12th

**Part-Time Program
Students are out**



Friendship Parties!

Please check with your
Childs teacher for
supplies, foods, and
snacks.

Themes of the Month



“Dental Health”



“Friendship”

Look Ahead ...

March 8th Spring Pictures

Parents Corner

Kids today seem to have busier schedules than ever before, as we shuffle them off from one activity or sports practice to another. Some can jump right into social situations, while others struggle.

If your child doesn't appear to make friends like other kids the same age, he or she may just need some coaching and practice time on simple social skills.

1. Take time to observe and understand how your child socializes

Attend a few activities at school (or sports after school) and pay close attention to how your child interacts with others. Does he behave differently than his “norm” at home? If so, why?

Your child may have a tough time starting conversations. He may have anxiety in large groups or a fear of public speaking that keeps him from meaningfully engaging with other children. Does he prefer to keep to himself and observe instead of joining in?

Depending on what behavior you see, you can then decide where to focus your attention, what skills need building and how you can contribute. Trust your instincts, because you know your kid best.

2. Model positive social behavior

Children really do learn by example, so be mindful of how you interact with others. Every time you strike up conversations with friends or neighbors, or even the check-out person at the grocery store, your child is aware. Almost every scenario becomes a learning opportunity, allowing your child to see how you join in, negotiate and problem-solve.

3. Role play at home

If your pre-teen or teenager finds it difficult to start conversations at lunch or during free time at school, sit down and practice at home. Discuss what topics interest him that he might talk about with other kids. Test different options until he finds something that comes naturally.

4. Reinforce and praise

Make it exciting and rewarding to practice trying new things. Even when your child is making slow progress, make sure to reinforce his efforts. Acknowledge each small success, and tell your child how proud you are that he keeps trying.

5. Get the ball rolling

For smaller children, setting up a play date with just one other child is often a good idea. If your child is older, you might open up the house by inviting the baseball team over for pizza and a movie.

6. Don't compare your child to yourself or other siblings

Be realistic about your child's unique personality and temperament, which guides how much social interaction they seek. Just because you have dozens of friends doesn't mean your child will, too. It doesn't necessarily mean there is a problem. Some shy children make a few really good friends instead of having many more casual friendships. It's tough when a parent's normal doesn't line up with a child's normal. As long as they are happy and well adjusted, that's good.