

# TOP 5 TIPS FOR HELPING SOCIAL COMMUNICATION SKILLS AT HOME

## 1. GIVE YOUR CHILD OPPORTUNITIES TO PLAY WITH OTHER CHILDREN

Ensure your child spends time with children their own age in structured activities such as sports teams and unstructured activities such as play dates.

## 2. MODEL APPROPRIATE SOCIAL BEHAVIOURS FOR YOUR CHILD

Allow them to see you managing emotions and social problems well.  
Narrate what you are observing and what you might do in social situations.

## 3. TALK ABOUT EMOTIONS

Tell your child how you are feeling. Speak about your positive and negative feelings.  
Allow your child to know how you are feeling, and understand that we all have emotions.

## 4. ALLOW YOUR CHILD TO MAKE CHOICES

Give your child age appropriate choices. This will empower them and help them to accept when they are not able to have control of the choices.

## 5. DON'T JUMP IN AND FIX EVERYTHING FOR THEM STRAIGHT AWAY

Ask questions, describe the problem and help them suggest solutions. Talk through together the likely outcome of each solution and help them choose the best option.