

AIM: NEW PEOPLE

PART ONE: MEETING NEW KIDS

OUR TARGET: Our goal is to help our kids see the difference between the real danger of strangers and kids that they simply have not talked to yet. Let's help our kids understand the safe places they should talk to adults and how that is different from talking to classmates for the first time could mean making a new friend.



TEAM UP! Try these simple ideas to help your child want to talk.

JUST ASK your child what they normally do at recess. If they talk about playing with a couple of the same kids all the time, ask about what all of the other kids are doing on the playground and if any of those things sound fun to your child. Let your child know that, even if they have a best friend, getting to know new people is a great thing. *We grow as people when we learn with others about new things and new ideas.*

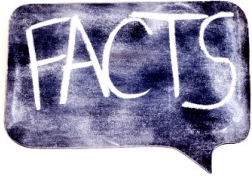
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TALKING TIPS to help you sit down and start the conversation...

A stranger is just someone you don't know. As adults, we need to meet new people all the time during work and other normal activities. At some point, even our doctors were strangers, but we learn to trust other adults over time. Our job as parents is to help our kids know that ADULT strangers are much different to them than kids at school or kids at the park that they don't know. We need to encourage our children to grow with the community of kids around them and not to be afraid of making new friends.

Kids that haven't met one another yet could turn out to be the greatest of friends. Let your child know that making friends is one of the most special and important things we all do in life. The feeling of support, giving and getting it, helps our sense of well-being and even helps our mental health.

As parents, encourage your kids to talk to new kids. School and other places that kids are gathered with trusted adults around are SAFE places to meet new people, both adults and kids. Let your kids know that a new teacher at school is an adult but there is no danger in talking to them because the school is a safe place to talk to new adults and kids.



A recent study states that having no friends is as bad for your life-expectance as smoking 15 cigarettes a day.

Having few friends and being disconnected from your community is more damaging to your health than not exercising and twice as risky as obesity.

The fear of rejection is the most common reason people are uncomfortable talking to new people.

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**Targeting
More Meaningful
Parental
Involvement**

Leaps Correlation:
Making a New Friend
For Beginners

AIM: NEW PEOPLE

PART ONE: MEETING NEW KIDS

DECISION TIME: It's time for you and your child to CHOOSE to work at making new friends and meeting new people. Agree that having other people in your lives is important and fun, then Shake Hands and begin your work to get out there and talk to others you see in common, safe places.

GIVE IT A TRY! A chance to practice the target skills together at home:



GO TO THE PARK! FOCUS ON NEW FRIENDS



- ◇ Find a nice day to go to a park with your child. The larger the park the better, so you can see a lot of people gathered there. Make sure the park has a playground so there will be lots of new kids to meet!



◇ *This is the perfect time to encourage your child to make a new friend.* Playing with kids that your child has never met before is the natural first step. Your child may be shy. Just tell them to go do something that they want to do on the playground. Then, your child can wait and see if anyone joins them because of common interest in the same toy.

◇ Tell your child to be welcoming if a child does join them. Prepare your child to share the toy they're using. Meeting new people and making friends are not the same thing. You have to be nice and considerate when you meet a new person if you want to

have a shot at them becoming a friend.

Everyone has their own ideas and things that are unique to their lives alone. It would be sad to let all of those great things go unlearned just because we didn't know how, or we didn't teach our kids how, to feel comfortable meeting new people. By meeting new people and making new friends, you and your child will both share information about your own lives that could help other people learn and grow in their lives.



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Stay On Target

Tips to help keep
your child's new
skills in action at
home and school.

- Read all the notes that come home from your child's teacher. If they ever say your child is not wanting to work with others, talk about how important other people are to growing into a good person.
- Be a good example. Talk to people in public with your child watching. Show your child how to be confident and friendly to strangers when you are in safe places.