

9-12 YEAR OLD SOCIAL SKILLS

Friendship

9-12 year olds are becoming more interested in friends:

- Attend groups with similar interest (library groups, sports, etc.)
- Play pretend with dolls or action figures to practice
- Act out scenes together like introducing yourself to a new friend

Empathy

9-12 year olds are becoming more aware of the feels of others:

- Reassure that the feelings of others are not your child's responsibility
- Brainstorm kind acts to do for others
- Volunteer together as a family

Conflicts

9-12 year olds are learning how to solve conflicts:

- Reassure your child that they can come to you for help
- Teach your child "I" statements ("I feel sad when ___")
- Read books about resolving conflicts with friends

Peer Pressure

9-12 year olds may become more concerned with fitting in:

- Spend time together at home as a family
- Allow your child to explore safe self-expression with clothes and art
- Journaling and meditating may be helpful

Puberty

9-12 year olds bodies may begin to change:

- Explain puberty before it happens
- Talk about consent and act it out
- Allow your child to pick personal care products like deodorant

