



EMOTIONAL

LITERACY

Emotional literacy helps us to express our feelings and thoughts, and understand why we may feel a particular way. Recognising the signs in our body can help us to navigate our 'big emotions' and respond in a calm and appropriate manner. Recognising the emotions in others enables us to feel empathy and show understanding and help us to create meaningful relationships

Emotional Literacy Support

Working together to
support you & your
child

Welcome to your
6th edition of ELSA
ParentMail

Here you will be able to access
useful information, guides,
websites & apps. Each newsletter
will focus on a specific area
around your child's social and
emotional needs

Creating & Maintaining

Friendships

How can we help?



The start of a beautiful friendship!



Some children may need help learning basic social skills, like making eye contact, starting a conversation, or being a good listener. Role-playing scenarios or offering conversation starters can be a good idea for helping your child feel more prepared in social settings.

Teach them to ask others about their hobbies, share their own interests, or compliment others to break the ice.



For those who find large gatherings overwhelming, joining smaller groups, or volunteering can be a better option. Book clubs, youth groups, study groups, or neighbourhood meet-ups are all low-pressure ways for children to interact and build friendships.



It is important to set boundaries for screen time. Ensure that digital interactions do not overshadow opportunities for in-person connections.



Encourage your child to accept invitations. Your child may feel anxious to begin with, but you can acknowledge those fears by discussing a plan of action for how the event or gathering may look or feel. You may also like to ensure that you are close by should your child need support or encouragement. The more invitations your child accepts, the easier socialising will become for them.



MAINTAINING FRIENDSHIPS



Friendships aren't always smooth sailing. From arguments to misunderstandings, learning to navigate these dynamics is part of growing up. Help your child to focus on keeping friends who bring positivity and support. Teach them to resolve conflicts calmly and assertively.

Discuss scenarios that your child may encounter, like how to handle a disagreement or how to support a friend in need. This may help prepare them for the complexities of friendship.

If your child talks to a new classmate, joins a club, or even shares a smile with someone, celebrate it! Positive reinforcement encourages them to keep trying. These small victories often build up to meaningful friendships.

While social media and online platforms can be useful for staying connected, they should not replace face-to-face interactions.

Too much time on screens can lead to loneliness and feeling isolated.

Encourage your child to balance their online social life with real-world activities. Hosting a games night or pizza party is a great way to practice their social skills and build confidence and self-esteem.

[parents.actionforchildren.org.uk/feelings-behaviour/talking-about-
feelings/how-can-i-help-my-child-make-friends/](https://parents.actionforchildren.org.uk/feelings-behaviour/talking-about-feelings/how-can-i-help-my-child-make-friends/)