

THE CHALKBOARD NEWSLETTER



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Help your child relearn socialization skills

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With more schools reopening for in-person learning and families feeling more comfortable about gathering together, you may be wondering how your child will adjust to these changes.

Dr. Kate Eshleman, a pediatric psychologist from the United States, has some helpful advice and suggestions on

helping your child return to in-person learning and social interactions.*

“It’s important to have realistic expectations and recognize upfront that this is going to be hard — and that’s okay,” Dr. Eshleman says.



Dr. Eshleman offers several helpful tips:

START SLOWLY: Social gatherings can be scary for kids who have been socially distanced for the past year-and-a-half. Children should be allowed to interact with others at their own comfort level. Let them take it slowly.

START SMALL: Ease your child into social situations where they will be around new people and in new settings. Going for a walk in the park as a family is one way to do this.

GIVE SUGGESTIONS FOR WHAT TO TALK ABOUT: Talk with your child and make a list of topics they can ask their friends at school. Questions like “What’s your favorite animal?” will help kids feel better prepared to start a conversation face-to-face.

EXPLAIN NEW ACTIVITIES AND SCHEDULES: This can help kids feel more prepared and less afraid. For example, consider saying this: “We’ll leave our house at 8 a.m., we’ll arrive at school at 8:30 a.m., and then you will walk into the school building and meet your friends.”

Your child should also be taught about the idea of respecting “personal space.” Teach your child that not all their friends may be comfortable holding hands, playing sports

together or sitting closely at lunch — and that it’s okay.

Be sure to offer your child help and support every day as they return to using their social skills. It can be a rewarding learning experience for your family.

It’s normal for kids to feel both excited and anxious about socializing once again.

TIPS FOR PARENTS

- Start slowly
- Start small
- Give suggestions for what to talk about
- Explain new activities and schedules
- Teach respect for personal boundaries

*From the article, “How to Help Kids Socialize as COVID-19 Restrictions Ease: A pediatric psychologist shares tips for nervous parents”

FAMILY ACTIVITY

Play this fun word marathon game as a family!

This is a fun way to boost your child’s English vocabulary.

WHAT YOU NEED:

- Sheets of paper
- Pencils or pens

HOW TO PLAY:

1. Give a sheet of paper and a pencil/pen to every child.
2. Call out a random letter. Ask your child to write down words that begin with that letter.
3. Use a watch or a timer. Give your child one minute to write as many words as he or she can.

4. To make the game more challenging, ask your child to write a name, place and animal that begin with the letter.
5. The child who writes the most correct answers is the winner!

Everyone in the family can play, too. You can even play in teams. Team members can work together and help each other to think of more English words.

HAVE FUN!

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