

MENTAL HEALTH CONSULTATION NEWSLETTER

HELPING YOUR CHILD LEARN SOCIAL SKILLS

Social skills are an important part of a child's development and can help lay the foundation for success in school, relationships, and later in adulthood. These are the skills that help children interact positively with others—and while every family and community may define and prioritize them a bit differently, they are all essential in helping children grow into confident and capable adults.

Children and youth develop social skills gradually—and each child grows at their own pace. Here are some examples of typical development:

Toddlers may begin to show empathy by comforting others and may start imitating social behaviors like waving or saying "bye."

Preschoolers (around age 4-5) are just beginning to grasp concepts like sharing and taking turns, though they may still need reminders.

School-age children often improve their ability to cooperate, solve problems with peers, and understand other perspectives.

Our kids are always watching—learning from how we treat others and handle social situations ourselves.

Think about this:

What are some situations where your child might see you practicing an important social skill? For example:

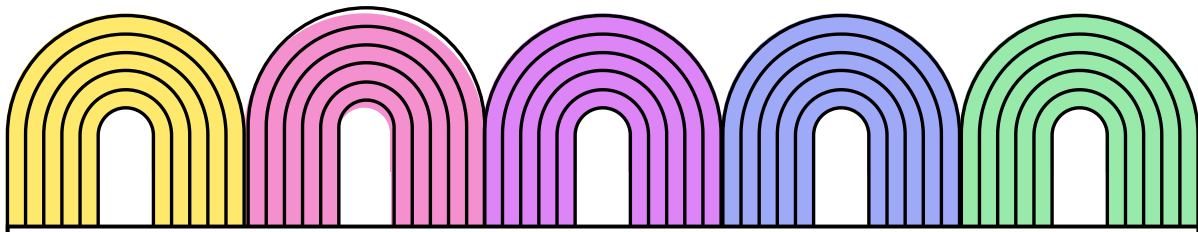
How do you take turns and listen during conversations with your partner, friends, or family?

How do you show kindness, patience, or empathy?

Your behavior sets a powerful example, often even more than words.

One of the most effective ways to teach social skills is by noticing and praising them when they happen.

Every child's journey is unique, and small steps can lead to big progress. Your support and guidance are helping your child develop the tools they need to connect, grow, and thrive!



TRAINING TOPICS

FIND A CONSULTANT

HOW TO MAKE A REFERRAL & FIND A CONSULTANT

Or Visit
first5alabama.org
to make a direct
referral



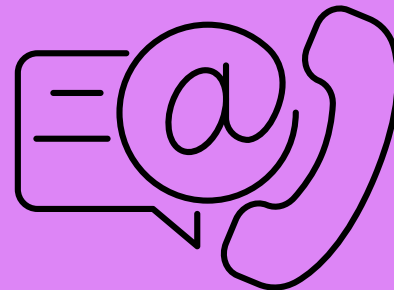
Please scan our QR code to be contacted by a consultant in your area.

We serve the **whole state of Alabama!** Check out our map to see who is in your catchment area.

TRAINING TOPICS:

CHALLENGING BEHAVIORS
SELF REGULATION
SOCIAL-EMOTIONAL DEVELOPMENT
LEARNING
FRIENDSHIP SKILLS
EMOTIONS
RESILIENCY
SELF-CARE/STRESS MANAGEMENT
MINDFULNESS
DEATH & GRIEF
FLIP IT!
MILESTONES
TRANSITIONS
THE GROWING BRAIN

THIS LIST IS NOT ALL INCLUSIVE.
WE CAN ALWAYS DISCUSS
TRAININGS BASED ON NEEDS OF
LICENSED CENTERS/OR HOME
DAYCARES



TRAININGS IN AUGUST:

8/4: All Relationships Are Important 11:30-12:30
8/11: Toddler Aggression 11-12
8/22: Social Emotional Development 11-12
8/29: Building Strong Partnerships 1-2