

A photograph of four children in a classroom setting. A boy in a green shirt is laughing and holding a white block. A girl with glasses is looking at him. Another boy is on the left, and a girl is on the right. They are surrounded by colorful toys like blocks and balls. In the background, there are shelves with more toys and a large yellow arch. A white hexagonal overlay contains the text.

# 5 Easy Ways to Boost Your Child's *Social Skills*



Raising children is no easy task. Once parents teach their children some of life's essential lessons, then comes the task of developing their social skills.

Many children struggle in this area, although the good news is that it does not take a professional to fix this issue. Here is a look at five ways that all parents can boost their child's social skills.





# *Love and Affection*

The first thing that most parents do for their children is to provide them with love and affection. This does not have to end once they grow out of that cute, little baby phase as it will continue to provide a great service. Showing your child love and affection early on will set the bar high for social interactions and allow them to build strong relationships.

It will continue to build their confidence and enhance their sense of security. Showing love and affection to your child can come in all forms such as hugs, kisses, reading to them, (which builds a strong vocabulary), and simply talking to them throughout the day.





# *Eye contact through communication*

The simple act of holding a conversation encourages children to make eye contact when they speak. The practice of this small gesture actually builds confidence. It is also a great skill that will come in handy as children begin to mature and embrace new roles in life.

This can even be turned into a game as parents can have staring contests with their children. There is also the option of having children practice on their stuffed animals or siblings. These are simple and fun ways to become skilled in the art of eye contact.





## *Change their environment*

It is vital for children to engage and interact with other children. Living in the age of technology, children are getting away from the importance of personal relationships. When children lack proper social skills, they have a tendency to misunderstand the emotions of others.

The end result is that it makes them less empathetic to others. Encouraging your child to play outside with other children is one way of changing their environment. Another option is to enroll them in an organized and structured sport or activity, such as martial arts, which is a great way for children to build relationships.





# *Encourage children to try new things*

Fear can overcome children without any kind of hysterics. Fear is the reason many children will stray from trying new things. It can also be the main reason that meeting new people will become an issue.

One way to alleviate that fear is to be supportive and give children positive feedback. Make sure to be vocal and tell children when they are doing something well. Children who grow up fearful of things have a tendency of losing control, have a high rate of anxiety and are typically uncertain in their everyday lives.

Children also need to know that when trying new things, it is okay to fail. Mistakes can be used as a valuable learning opportunity.





## *Acknowledging your child's feelings/ Teach them about emotions*

Through the act of play, imitation, and repetition, children are introduced to a series of feelings and emotions. This shows them what it is like to be scared, happy, mad or nervous. It is important to explain these emotions and help children to understand them.

By teaching children about their different emotions, they will be able to better communicate and express themselves in every situation. Being well versed in their feelings will also help children to decipher when others are struggling with their emotions, and how to deal with it. It will make them more intuitive and more conscious of others.

