



SOCIAL SKILLS

What are social skills?

Social skills are defined by specific behaviours that allow for effective and appropriate interaction in different contexts of social interaction.

Prosocial attitudes



The child learns to tolerate the proximity of the other and then, gradually, he learns to make contact by greeting, saying hello or touching gently. He also learns to refuse contact in a socially acceptable way. Making requests to get a toy or to play with other friends is also an important skill needed to establish contact in a harmonious way. Finally, being able to demonstrate empathy, being sensitive to the experiences of others, is a prosocial skill that is important in the emotional and social development of the child.

Self-control skills



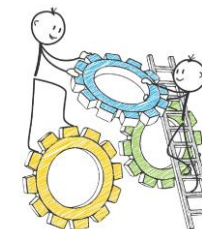
The skills of self-control consist first of being able to stop one's action and to control oneself. Stopping action is the first step to calm down, to manage your emotions or frustrations, to be able to respect the rules, to be patient and wait your turn.

Communication skills



To be skilled in communicating is to be able to express one's needs, desires and emotions. To communicate is to assert oneself by saying what one likes or does not like, what one wants or does not want. Communicating means asking questions, responding to the messages of the other and expressing one's choices. Among communication skills, the expression of emotions is particularly important. This skill consists first of recognizing one's emotions and those of others, and then being able to name and express them.

Problem solving skills



The ability to find a solution to a problem encountered or to negotiate a solution that is acceptable to all during a conflict, is an important learning experience in the process of socialization of the child. The child learns, as he experiences positive problem solving, that a difficulty is only temporary and that he has the power to change the outcome by finding solutions. Children learn to resolve conflicts in a peaceful and positive manner. Learning to share is one of the possible solutions and contributes positively to conflict resolution.

Association des haltes-garderies communautaires du Québec (2021)





Guiding children, from an early age, in learning social skills promotes their development and guides them to success.

Supporting social skills contributes to better self-esteem and optimized development of all dimensions of a child's development.

Parents acting as role models

Children learn through imitation. By putting the right words, gestures and behaviours into practice, children are encouraged to adopt them. For example, the parent serves as a role model for the child by making clear, polite and respectful requests: "Please bring me the book that is on the shelf", and saying: "Thank you." Parents can also set a good example by apologizing when they have done something.

Verbalizing the child's intention

This strategy consists of slowly approaching the child, naming their intention and offering to accompany him: "I think you would like to play with Marc. Do you want us to ask him together?", or, "I see you'd love to have this toy, do you want to ask Sophie to play? »

Practice modeling

If the child does not yet have sufficient language skills, we reach out to the child and say: "Give" or "Play".

With an older child, we make the request and support the child to make the request himself: "Can I play with you?", and then to the child: "It's up to you now, ask them." Or, "Can you make room for me, please?" "Go ahead, you can ask, it's your turn."

The child must learn that making a request is not magic, the other person can refuse. A person who refuses must, however, do so in a socially acceptable manner. The child may need help to get there: "Tell him calmly: no, I'm not done." "You can tell him: no, I still need it."

Use positive reinforcement

Encourage the good, appropriate, socially acceptable behaviours: "I just heard you make a nice request, good job Marc."

Équipe Santé Mentale Jeunesse
Youth Mental Health Team
CIUSSS-ODIM



Problem-solving steps

1. Calmly approach the situation.
"What's going on?"
2. Recognize everyone's feelings.
3. Reformulate the problem taking into account the child's words.
4. Think about solutions.
5. Reformulate the solutions and ask the child to decide.
6. Encourage the child to implement their solution.

RESOURCES



BOOKS

Social Skills Activities For Kids: 50 Fun Exercises For Making Friends, Talking And Listening, And Understanding Social Rules
By: Natasha Daniels (2019)

Social Skills for Kids: From Making Friends and Problem-Solving to Self-control and communication
By: Keri K. Powers (2021)

iBelong

www.ibelong.ca

Les trésors en éducation spécialisée

www.educationspecialisee.ca/habiletes-sociales/

Educatout

www.educatout.com/activites/themes/les-habiletes-sociales.htm

Naître et Grandir

www.naitreetgrandir.com/fr/dossier/dossier-les-habiletes-sociales-a-z/

Garder le Cap

www.garderlecap.ca/outils

