

SOCIAL AND EMOTIONAL SKILLS

Social and emotional skills provide your child with tools to **protect** himself, **assert** himself, **manage emotions and stress**, become a **responsible citizen**, **grow**, **build relationships** and **succeed in school**. These skills are very important for your child's **mental health** and **healthy development**.

TO ENABLE YOUR CHILD TO ESTABLISH HIS FOUNDATIONS



AGES 0-6

SOCIAL NEEDS

The family is your child's **first place for socialization**. He learns to take turns, to share, to make contact with others and to take his own place while respecting others.

Advice and tips

- Provide opportunities for **interaction with other children**: play in a park or indoor facility
- Teach how to **connect with others** like saying «Hello», introducing himself, asking to play, etc.
- Set **organized play** times that reinforce the ability to follow basic rules
- Organize periods of **free play** to stimulate creativity



EMOTIONAL NEEDS

The quality of your relationship with your child is directly related to healthy development. From birth, this relationship is the **basis for bonding** with everyone encountered in life. It will help him develop the ability to express and manage emotions.

Advice and tips

- Ensure a **secure environment** in which your child can feel comfortable by establishing a **routine for bedtime, brushing teeth, meals and getting ready for school** (Make sure that this series of daily actions is always the same)
- **Talk to your child about emotions**; read him books that make it easier to learn words and images for emotions
- Teach how to **express, recognize and name** emotions
- **Comfort him** when you feel he is upset



AGES 6-12

SOCIAL NEEDS

Your child is gradually moving out of the family circle and seeking to **discover the world**. He needs to be in contact with friends and will become more interested in spending time in a group. This new social environment will enable him to develop social skills that will help to make friends: sharing, listening, negotiating, compromising, putting himself in the other person's shoes, etc.

Advice and tips

- Encourage your child to **invite friends** over and to visit them (He will see how different families function)
- Limit the amount of time spent watching TV and playing video games. Instead, choose to play **board games** so he can practice taking turns, managing temper, negotiation, etc.
- Encourage him to take part in **activities in the community**. He may meet interesting people (skating rink, swimming pool, etc.)



EMOTIONAL NEEDS

Your child needs to **know that you love him**, with his strengths and weaknesses, his successes and failures. It is also important to provide support that helps him **feel safe**.

The development of **good self-esteem** in your child affects all aspects of life: learning, relationships, health, career and satisfaction with life.

Advice and tips

- **Be realistic in your expectations:** offer challenges that lead to successes. This makes him aware of his strengths
- **Celebrate his successes** and congratulate him
- Allow him to **make mistakes** and offer support when he experiences failure. Failures are just as important as successes
- Clarify **important rules** and give appropriate consequences **Be clear** in your choice of rules and above all, **be consistent Stay on course!**



AGES 12-17

SOCIAL NEEDS

The social aspect of your adolescent's life is important. Most of the time, **friends become a priority**. He is not trying to distance himself from you, but wants to see points of view and ways of doing things that are different from yours. The **need for independence** leads to a desire for more autonomy and privacy.

Good **self-esteem**, the ability to understand others and put himself in the other person's shoes are abilities that help develop social skills. Factors like temperament, personality, home life and friends also have an impact. During this period, **romantic relationships** become significant and your teen experiences them with great intensity.



Advice and tips

- Introduce him to places and activities where he can develop socially. Some teens don't explore the activities available to them, so they need a little help! (youth centres, extracurricular activities, etc.)
- Be considerate of his romantic relationships and the joys and sorrows associated with them
- Take the time to get to know your teen's friends, show concern, he will feel that you respect his choices
- Allow some freedom in decisions, such as how to use spending money
- Continue to supervise and have clear boundaries with your teen to ensure he feels secure, while respecting his need for autonomy (Autonomy does not mean total disengagement from the parent)



AGES 12-17

EMOTIONAL NEEDS

Adolescence is a period when a teen is in search of **personal identity**.

He begins to question **who he is**, how he differs from others, what he wants to do in life and **who he wants to be with**.

A teen's self-esteem gives him **confidence to approach others**, express his needs and attempt to take his place in a group.

Although you are an important reference and role model, he will be less dependent on you and will **seek privacy**.



Advice and tips

- Encourage him to be **assertive** and to **give his opinions** and ideas on topics
- Listen, show respect and **share your knowledge** with him
- Use everyday opportunities so he can **see other people's points of view, share his opinions** and **hear other opinions**. This will help him accept and understand differences so he can assert himself
- Encourage him to talk, but **respect his limits and privacy**
- Allow him the **freedom to accept or reject your advice**

Source: <https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/favoriser-sante-mentale-enfant/> (in French only)

FOR MORE INFORMATION ON THIS TOPIC

Video games for children aged 6 to 17 (in French only)

https://aidersonenfant.com/jeux-video-comment-instaurer-une-utilisation-saine-aupres-de-nos-jeunes/?gclid=CjwKCAiAm7OMBhAQEiwArvGi3Ef6OSM-VIYRLq7vXPJlId0TADGOgkUfK2lxaQSc1JyX_ZGpVO57gcBoCsNEQAvD_BwE

Video games for children aged 3 to 5 (in French only)

<https://naitreetgrandir.com/fr/etape/3-5-ans/apprentissage-jeux/fiche.aspx?doc=bg-naitre-grandir-jeux-video-ordinateur>

Social skills of children and adolescents (in French only)

<https://www.ligneparents.com/LigneParents/Tous-les-themes/Communications-et-relations/Habiletés-sociales-de-l-enfant-et-de-l-adolescente-ou-adolescent>

What to do if my teen... reacts (too) emotionally (in French only)

<https://www.ligneparents.com/LigneParents/Tous-les-themes/Comportements/Adolescence/A-des-reactions-trop-emotives>

Guide for parents of adolescents

<https://www.ciusss-capitalnationale.gouv.qc.ca/en>

Step-by-step development

<https://naitreetgrandir.com/en/step/3-5-years/development/>

<https://naitreetgrandir.com/fr/etape/5-8-ans/developpement/>



Réussite - Accomplissement - Persévérance