TIPS TO IMPROVE SOCIALISATION

Unnati PEDIATRIC REHABILITATION CENTER — Building Up Milestone
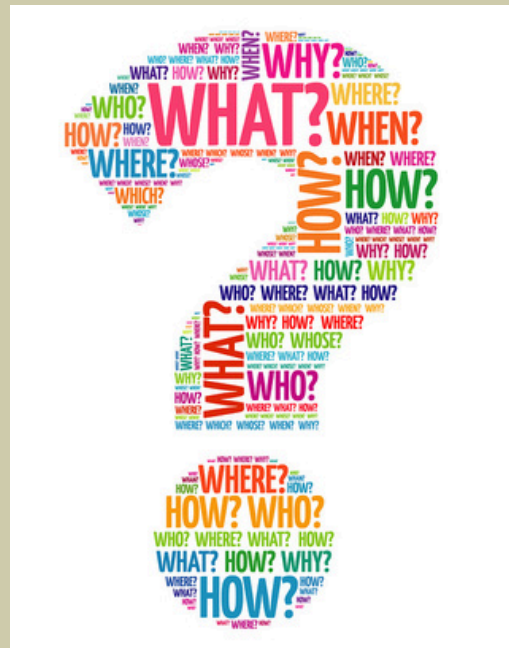
LEARN TO ASK QUESTIONS

The best way to find out about others and form connections is to ask questions that specifically pertain to the person the child is talking with. Encourage your child to ask questions that can't be answered with just a yes or no.

FOLLOW THEIR INTERESTS

Whether it's participating in a favourite sport, playing an instrument they like or being part of a club they're interested in, this is the first step toward building social skills. It also places a child around like-minded individuals that the child will probably feel more at ease with.

PRETEND PLAY

Have your child pretend to be the person they have difficulty talking to or getting along with. This will give you an idea of what this person is like, or at least how your child perceives this particular person. Then switch roles to see how your child does when pretending to interact with the person.

TEACH EMPATHY

If children have a better understanding of how others feel, they are much more likely to feel connected to other people and form positive bonds. Parents suggest teaching empathy by talking about different situations and scenarios with your child. Ask how other people might feel when each of these things happen

KNOW YOUR CHILD'S LIMITS

It's also important to understand a child's time limits. Younger children and those with special needs may only feel comfortable socializing for an hour or two.

PICTURE CARDS

Use picture cards that show a variety of emotions in faces and body language. This can help the person you care for interpret the visual cues for when someone is getting angry, bored, sad, frustrated or happy

angry   happy
anxious   bored

PRACTICE TURN TAKING

This helps your child to build up patience to wait for his turn without getting anxious. Also develops sharing behaviour

PARALLEL PLAY

Play the same game besides your child. Children happily engage in the same activities alongside other people. It can fuel interaction or friendships – especially if they're is a common shared interest.