Parent Tips

Transitions bring all kinds of changes for children, especially making new friends (while still staying in touch with old friends).

Your child has been through this before! So it’s natural that he brings real strengths to new situations, such as reaching out and making new friends. Remind her often of her past successes, or how much she has to offer a new friend.

New Friends, Old Friends

Over the Miles You can help your child to stay in touch with old friends, whether by phone, text, video chat, e-mail, or letters. Young children will naturally need help with the logistics of maintaining old connections, but it can be done!

Positive Perspective You can help build your child’s confidence in making new friends by reminding her of all the special things she has to offer. For instance, You’re good at sharing, and you know a lot of jokes. Those things really come in handy when you’re making new friends!

Reaching Out Suggest specific ways to make new friends. For instance, approach a group playing a game and ask a question about the game. Or, bring an interesting toy to school and ask a classmate if she wants to play with it together. Or simply say, Hi, my name is ______, what’s your name?

JUST FOR KIDS

What Should I Say? Print this page to help your child come up with answers to questions she might be asked by new classmates, such as, Why do you move around a lot? Kids don’t always have ready answers! Write the answers on the lines and rehearse some conversations, playing the role of a new friend.

New Friend Coupons Print this page so kids can color and cut apart these coupons and give them to new friends. It can be great to have just the right words in your pocket!

Sign Me Up! Print this Muppet-y twist on class autograph books to help your child begin interacting with new friends—just by asking them to sign their names on this page.