

Talk about emotions.



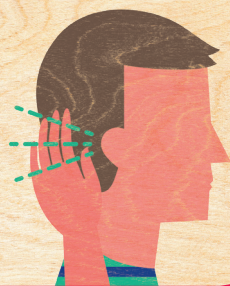
Look at pictures.



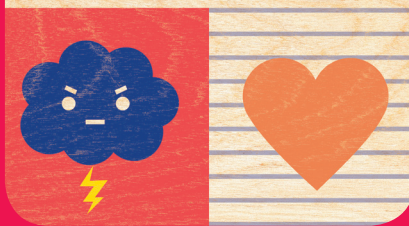
Blow on a candle.



Be attentive.



Name their feelings.



Admire their sense of style.



Mirror your baby's rhythm.



Look each other in the eyes.



Devour a book together.



What are social skills?

Social skills are attitudes and behaviours that allow your child to get in touch with others, get along with them, make friends, work as a team, and take their place within a group. Some social skills, such as waiting one's turn, listening to instructions, and expressing feelings, help your child deal with all

kinds of daily situations. Later, these skills will also help your child succeed at school. There are some simple words and actions you can use every day, based on your child's temperament, that will help guide your little one to develop their social skills.

Whenever your child gets very upset, ask them to stop what they're doing, to take a deep breath, and to blow gently on an imaginary candle without blowing out the flame. This will help your child calm down, and you will be able to discuss solutions with them more easily.

3 to 5 years

Help your little one recognize their emotions. When they express a negative feeling, comfort them and name that feeling. They will learn to recognize it. To help your child, you can read them a story and point out the feelings of the characters.

1 to 3 years

When your baby is afraid, sad, or angry, comfort them. For example, if they cry when you change their diaper, talk to them and put words to their feelings; they will gradually calm down and learn that they are able to control their emotions.

0 to 12 months

Continue to help your child recognize their feelings and say what they want. Take their words and their interests into account. Offer them choices when possible. For example, suggest different outfits and let your child choose which one they want to wear.

3 to 5 years

When your toddler expresses a need or an emotion, help them name what it is that they want. For example, if they are frustrated or angry, explain in words what they are trying to tell you through their cries or tears. Little by little, you will help them assert themselves.

1 to 3 years

Babies are able to express themselves as soon as they are born. Even if it's not always easy to understand what your baby wants, try to respond quickly to their needs. For example, if they wake up crying, comfort them right away. They will learn that they are important to you and that they can trust you.

0 to 12 months

Do little things with your child that require their attention. For example, look at a book together and act out the story or use different voices for the characters. Congratulate your child when they are attentive and patient.

3 to 5 years

Look your little one in the eye when they speak to you and ask them to do the same. By doing so, you are encouraging them to pay attention.

1 to 3 years

From the time your baby is born, talk to them, touch them and follow their pace. For example, when you say something to your baby, wait to see their reaction. If they smile, tell them that he's smiling. If they gurgle, answer them in the same way.

0 to 12 months



Rock your baby.



Create a treasure trove.



Become a zookeeper.



Give big smiles.



Play at the park.



Watch them build sandcastles.



Say gently.



Say hello.



Eat oranges.



**Learning to live with others.
The earlier the better.**

Suggest that your child build a zoo with playdough. Let them choose which animals they want to create. Ask them where the animals will live and what they will eat. Wait for your child's answers before making other suggestions. Congratulate them when they come up with ideas. Encourage them to make choices and applaud their initiatives.

3 to 5 years

Let your little one explore their environment. If they come to show you something they've just discovered, congratulate them enthusiastically. Why not organize a dedicated space like a cupboard or a closet for your child to explore safely to their heart's content?

1 to 3 years

Reassure your baby when they're crying or restless. For example, rock your baby gently and lovingly so they relax and feel safe and secure in your arms.

0 to 12 months

Give your child opportunities to play with other kids and to resolve conflicts on their own. For example, if another child wants to take away their toys in the sandbox, encourage your child to try to resolve the conflict themselves first, then help them if necessary. Help your child recognize the moments when they are having fun playing with their friends.

3 to 5 years

Give your toddler regular opportunities to play with others. Stay nearby to make sure they play nicely together. For example, take your child to the park, point out the other children, and encourage your little one to play with them.

1 to 3 years

Be open and friendly towards others, and encourage your baby to do the same. Your baby learns by watching you. When you smile at other people and encourage your baby to do so too, your child will learn that people are generally friendly.

0 to 12 months

Encourage your child to share with you and with other children, to make compromises, and to say what they want or do not want. Set a good example by sharing segments of your orange with them. This shows your child good sharing behaviour, which they can then use in other situations.

3 to 5 years

Show your little one how to connect with others through simple actions and words. Smile, say hello, and express your enthusiasm towards others. For example, when someone comes to your house, encourage your child to come and greet them.

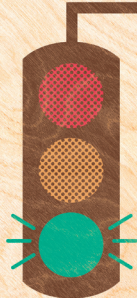
1 to 3 years

Speak to and touch your baby gently. Show them what being gentle means. Whenever they make a rough or sudden movement, such as pulling on your glasses, repeat the action gently to show them how to do it.

0 to 12 months



Be ready.



Put on your shoes.



Play hide-and-seek.



Play with blocks.



Slide.



Play cards.



Tickle your child.



Say no.



Be a child again.



Time to play

From their very first months, you can help your baby develop social skills that they will be able to use throughout their life.

Cut out the cards with scissors, choose one, and play!

Help your youngster practise being patient and congratulate them when they succeed. For example, when playing hide-and-seek, your child is exercising their ability to be patient; they must stay hidden until you find them. When it's their turn to count, they're also learning to wait before starting to look for you.

3 to 5 years

If your toddler asks you something but you're busy, ask them to wait, but also give them clues about how long they'll have to wait. For example, if your child is ready to go outside but you are not, help them by saying: "I have to put my shoes on first, but I'm coming."

1 to 3 years

When your baby expresses a need (through cries, tears, etc.), respond to them quickly. Little by little, your baby will understand that you answer their calls for help, and little by little, they will also develop the ability to wait.

0 to 12 months

Supervise your child when they're playing with other children to make sure they wait for all the others to take their turn. Encourage your child to keep doing this, even when they find it difficult to do so. For example, if you play a card game, help your child get their bearings: "Now it's Alice's turn, then it will be Julian's, and then yours. Well done! You waited your turn!"

3 to 5 years

Play games with your child that require taking turns. For example, take your child to the park and insist that they wait their turn before climbing the steps of the slide or that they wait at the top before sliding down.

1 to 3 years

To teach your child what it means to take turns, demonstrate simple actions that your baby can copy and repeat the same thing over and over. Once it has become a ritual, say to him: "Your turn," and then, "Now it's my turn." Pay attention to your baby's pace.

0 to 12 months

Enjoy having fun with your child. Children cooperate more easily with adults when they have a positive relationship with them. For example, play your child's games: squabble with each other, tickle each other, copy each other, and so on.

3 to 5 years

Around the age of 18 months, your toddler is starting to understand what's not allowed. But they need help sticking to the rules, because they can't yet impose their own limits. Tell them no firmly, but without getting angry. Remember: the happy moments you share with your child are important, and they will help your child learn to cooperate with you.

1 to 3 years

Create moments that allow you to bond with your baby and help them develop a positive connection with you. For example, tickle them and make them laugh, and if they like it, do it again.

0 to 12 months



To learn more

naitreetgrandir.com/en/feature/social-skills/