

Relationship Skills Talking Points

How to...	Action
How to talk to your child about friendships:	"Did you meet anybody new in class today? Who are your best friends at school?" Ask your child about the qualities they look for in a friend, by saying, "Why do you like to play with Jamal after school? What makes him a good friend?" or "Has Shannon ever said anything that made you feel sad?"
Teach your child about the value of kindness in relationships.	You can say, "The lady at the grocery store was so nice to me today. She helped carry my bags to the car. Was anyone nice to you at school today? Did someone help you today or were you a good helper?"
Show your child how to thank someone through actions and not just words.	If your child comes home from school and says, "Shruti was nice to me today because she shared her snacks with me," you can follow that with, "Do you want to take some snacks to share with Shruti tomorrow? Do you think that's a good way to say thank you?"

For children going through hard times with friends, try	"If Leah doesn't want to play with you, you may want to ask her if you did anything to hurt her feelings. Do you think you should say sorry? If you say sorry, she might feel better. If she did something to you, maybe you can ask her why she did that."
How to talk to your child about bullying:	"I noticed that you looked sad when I picked you up from school today. Did anything happen? Are you having problems with any of your classmates? Is anyone calling you names or being mean to you? Did a classmate hurt someone else feelings? If you see anything like this happen, I need to know so we can do something about it."