

Quick tips to help our children develop friendships

Friendships are important as they help social and emotional skill development and contribute to happiness in children.

As adults there are many ways we can role model good friendship making skills.

We can help our children to:

- show a willingness to be a friend, by teaching them how to greet others, say “Hi”, and start up a conversation.
- ask someone to play, and be willing to try again even if their peer says no.
- notice when a peer isn't included and invite them to play.
- write a note, or at home--ask a peer on a playdate.

A few things we can do as adults:

- Talk with other parents at the school, and in our neighbourhoods, to support our children build friendships.
- Be available to talk with our children about their friendships and any challenges they are experiencing.
- After-school or on weekends take them to places like a local park, community centre, library etc., where other children gather and there are natural opportunities to play and make friends. See our list below for some suggested free activities.

For lots of other great tips and resources, check out Dr. Friendtastic, a site created by Clinical Psychologist, Eileen Kennedy-Moore, PhD, on the topic of childhood friendships:

<https://drfriendtastic.com/>

Free or Low Cost Resources for Parents

Early Years Centre: “a one-stop neighbourhood hub for resources and information”

<http://www.earlyyearsinfo.ca/>

Address: 161 Roger Street, Waterloo

Phone Number: 519-741-8585 ext. 3110

February Calendar:

http://www.earlyyearsinfo.ca/uploads/2/1/4/6/21464250/february_2020_earlyon_roger_street_calendar.pdf

Kitchener Public Library: <https://www.kpl.org/>

Main location: 85 Queen Street North, Kitchener, ON

519-743-0271

-free kids programs (see calendar link below and click to February)

<http://kplca.evanced.info/signup/Calendar>

Free or Low Cost Resources for Parents Continued

Waterloo Public Library: <https://www.wpl.ca/>

Main Location: 35 Albert Street, Waterloo, ON

Phone: 519-886-1310 ext. 110

-free kids programs(see calendar link below and click to February)

<http://calendar.wpl.ca/eventcalendar.asp>

Mary Allen Association (Neighbourhood of Elizabeth Ziegler): offering a range of programs and activities to bring people and neighbours together.

<https://sites.google.com/site/maryallenwaterloo>

Sign up for their monthly newsletter, or request to be added to their FB page.

Breithaupt Community Centre:

<https://www.kitchener.ca/en/in-your-neighbourhood/breithaupt.aspx>

Address: 350 Margaret Avenue, Kitchener

Phone: 519-741-2502

Family Outreach Worker: "Outreach worker is available Tuesdays, Thursdays and Fridays, and can assist with clothing and school supplies for children, grocery vouchers, payment assistance for children's leisure programs and more. Please call 519-498-7376 to book your appointment".

For a list of programs see Active Kitchener:

<https://www.kitchener.ca/en/things-to-do/active-kitchener.aspx>

Moses Springer Community Centre

Skating and Swimming

Address: 150 Lincoln Road, Waterloo

-free skate times (bring your own skates)

Free SKATE: Feb 9th, 2020 3:30 to 5:20 p.m. at RIM Park Manulife Sportsplex and Health Living Centre

Waterloo Region Recreation Centre (near Waterloo Park)

-free swim on Fridays

Uptown Waterloo

-free skating (bring your own skates)