

# Children's friendship skills

## Other resources

The following resources have been compiled for parents, carers and school staff who may be seeking further information about children's friendships. A range of resources have been included but the list is not exhaustive. Since materials have been selected to represent differing perspectives, inclusion of a particular item on the list should not be taken as endorsement by KidsMatter.

### Information specifically for parents and carers

**Headroom** provides a range of information and activities on important mental health topics for children, adolescents, parents, carers and professionals. Information on children's friendships is available from:

[www.headroom.net.au/family/pdf/friendships\\_agesstages\\_txt.pdf](http://www.headroom.net.au/family/pdf/friendships_agesstages_txt.pdf)  
[www.headroom.net.au/cubby/friend\\_cubby\\_fr.html](http://www.headroom.net.au/cubby/friend_cubby_fr.html)

**Raising Children Network** This national website aimed at helping families care for children has a clearly written set of articles, including one on children's friendships.

[raisingchildren.net.au/articles/friends\\_and\\_peers.html?highlight=Friendship](http://raisingchildren.net.au/articles/friends_and_peers.html?highlight=Friendship)

**Parenting Exchange** is an online parenting newsletter produced by U.S. based ChildcareExchange.com. Information on supporting children's friendships is available from:

[childcareexchange.com/library\\_pe/5227004.pdf](http://childcareexchange.com/library_pe/5227004.pdf)  
[www.oh-pin.org/articles/pex-10-ways-to-nurture-childrens.pdf](http://www.oh-pin.org/articles/pex-10-ways-to-nurture-childrens.pdf)

### Books for parents and carers

**Social savvy: Help your child fit in with others.** This book provides advice on teaching children positive social skills. By L. Petersen. (2002). Acer Press.

**Springboard to social skills: How parents can help their children from 4 to 6 years.** This book provides practical advice on social skills for parents and carers of young children. By K. Shanahan. (2005). Ibis Publishing.

**The unwritten rules of friendship: Simple strategies to help your child make friends.** This is a detailed book that provides information on children's friendship issues and strategies to use with vulnerable, intimidating, shy, short-fused, sensitive and pessimistic children. By N. Madorsley Elman, & E. Kennedy-Moore. (2003). Little Brown and Company.

**Good friends are hard to find: Help your child find, make and keep friends.** This book provides useful information on friendship and social skills in children aged 5 to 12. By F. Frankel, & B. Wetmore. (1996). Perspective Publishing.

**Helping your socially vulnerable child: What to do when your child is shy, socially anxious, withdrawn, or bullied.** This useful book provides tools and strategies to use with children who are shy, withdrawn or who have difficulties in social interactions. By A. R. Eisen, & L. B. Engler. (2007). New Harbinger Publications.

<h2>Information for Children</h2>	<p><b>Kids' Health</b>, a website provided by the South Australian Children, Youth and Women's Health Service, provides high quality information for kids on issues that have been identified by children as important. It is a great resource for parents and carers to use with their kids. Numerous activities are aimed at helping kids to learn friendship skills, including:</p> <p><a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=286&amp;id=1705">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=286&amp;id=1705</a>  <a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=286&amp;id=1636">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=286&amp;id=1636</a>  <a href="http://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1465">www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&amp;np=287&amp;id=1465</a></p> <p><b>How to be a friend: A guide to making friends and keeping them.</b> This comprehensive picture book uses dinosaur cartoon characters to teach friendship skills to younger children. By L. Krasney Brown, &amp; M. Brown (1998). Little Brown and Company.</p>
<h2>Resources for school staff</h2>	<p><b>The KidsMatter Programs Guide</b> provides information on school based social and emotional learning programs. Each program provides detailed teaching staff resources for use in the classroom. Many programs provide information for parents and carers as well.</p> <p><b>Hartup, W. W. (1992).</b> Having friends, making friends, and keeping friends: Relationships as educational contexts. [Electronic Version] ERIC Digest. Available from: <a href="http://www.vtaide.com/png/ERIC/Having-Friends1.htm">http://www.vtaide.com/png/ERIC/Having-Friends1.htm</a> This article discusses the functions and benefits of children's friendships.</p> <p><b>Dawes, L. (2005).</b> Getting to know you. <i>Classroom</i>, 25 (1), 10-11. This brief article provides classroom activities that can be used to foster positive relationships between students. Articles in <i>Classroom</i> magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline: <a href="http://www.acer.edu.au/library/edresearch.html">www.acer.edu.au/library/edresearch.html</a></p> <p><b>Rogers, B. (2006)</b> Building playtime communities. <i>Classroom</i>, 26 (3), 28-29. Available from: <a href="http://www.scholastic.com.au/schools/magazines/classroom/pdfs/Classroom_3_06_Page28.pdf">www.scholastic.com.au/schools/magazines/classroom/pdfs/Classroom_3_06_Page28.pdf</a> This article outlines how a 'friendship seat' can be used to encourage positive social behaviour between children. Articles in <i>Classroom</i> magazine can be freely accessed through libraries that subscribe to the Australian Education Index database. They are also available to the public for purchase through EdResearchOnline <a href="http://www.acer.edu.au/library/edresearch.html">www.acer.edu.au/library/edresearch.html</a></p> <p><b>Mates traits</b> is a set of 32-cards designed for starting discussions and playing games that help to build children's friendship skills. The humorous illustrations of friends and friendships help to make them easily accessible for use with children of all ages and abilities. By R. Deal, K. Masman &amp; M. Jones. (2003). <i>Innovative Resources</i>. Available from <a href="http://www.innovativeresources.org">www.innovativeresources.org</a></p> <p><b>Dirty tricks: Classroom games for teaching social skills.</b> This book provides numerous useful games and activities for teaching children social skills. By H. McGrath. (1997). Pearson Education Australia.</p> <p><b>Straight talk manual: A self esteem and life skills workbook for young people.</b> This is a workbook of reproducible quizzes, worksheets, games and activities suitable for use with children 9 to 14 that covers a range of important topics, including friendship. A set of cards called <i>Straight Talk</i> is also included to help children talk about their experiences, feelings and friendships. By D. Brokenshire. (2001). Straight Talk Publishing.</p>

This resource is part of the KidsMatter Primary initiative. The team at KidsMatter welcomes your feedback at [www.kidsmatter.edu.au](http://www.kidsmatter.edu.au)