



Speech and Language Social Skills and Interaction Parent/Carer Guide



Supporting Your Child with Social Skills and Interaction

Developing strong social communication skills is a **vital part** of children's speech and language development. Many children benefit from extra support in learning how to interact effectively with others and this is especially important for **building friendships, working collaboratively** and **feeling confident** in social situations.

Social skills develop gradually, and it is completely normal for children to go through phases where some skills are stronger than others. Not all children will show every skill at the same time, and many may need extra practice in certain areas. Communication and social interaction are learned over time through **modelling, practice, and feedback**. With the right support and opportunities, children can build confidence in these skills and begin to use them more consistently in different situations.

If you notice these difficulties happening regularly, it can help to talk with your child's class teacher or SENCO. They can offer support and advice, and if needed, **may suggest a referral** to the local Speech and Language Therapy service for further assessment and guidance.

How It Might Make a Child Feel

- Frustrated or becoming upset if they can't express themselves clearly.
- Less confident interacting with peers or other adults.
- Lonely if they are finding it hard to make or maintain friendships.

How You Can Support Your Child at Home

- Praise effort, not just success - acknowledge when you can see your child using new skills, even if it doesn't go perfectly.
- Model positive social interactions showing polite greetings, taking turns and listening carefully during everyday conversations.

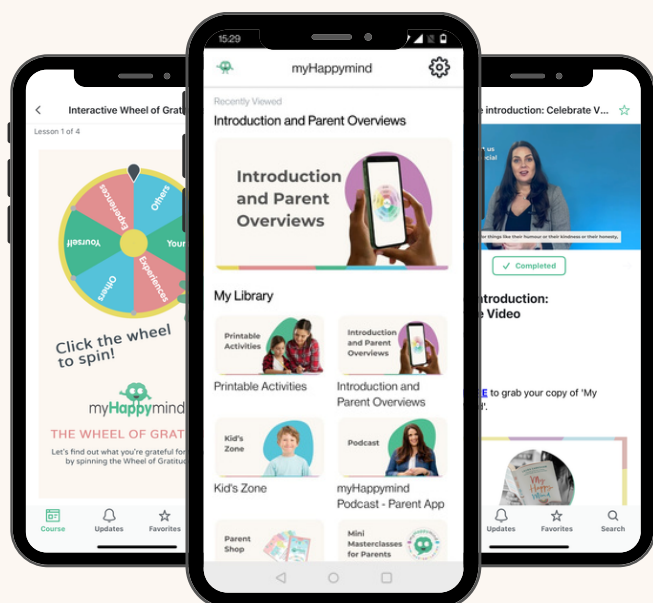
The myHappyMind programme includes interactive activities you can do together at home, including:

- Happy Breathing files.
- Turn-taking games to practise conversational flow.
- Conversation cards to help you start meaningful chats with your child.

The resources provided are designed to offer extra support for children with fluency or communication needs in school and at home.

They are not a replacement for input from a Speech and Language Therapist or other professionals.

If you are concerned about your child's communication skills we recommend speaking to your child's class teacher and SENCO.



If you haven't already, download the parent app to access the resources by scanning the QR code below...



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP



If you have any questions, just get in touch with your Customer Happiness Manager, or contact us at hello@myhappymind.org or 01625 447547.

We would love to see your completed activities!

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