

# WELL-BEING NEWSLETTER



## FRIENDSHIPS

YOUR CHILD'S WORLD GETS BIGGER WHEN THEY START SCHOOL. RELATIONSHIPS WITH OTHER PEOPLE – LIKE THE CHILDREN IN YOUR CHILD'S CLASS AT SCHOOL – BECOME MORE IMPORTANT AND ESSENTIAL FOR YOUR CHILD'S SELF-ESTEEM. WHEN YOUR CHILD HAS CLOSE FRIENDS, YOUR CHILD FEELS LIKE THEY BELONG AND HAVE PEOPLE THAT CARE ABOUT THEM.

FRIENDSHIPS ALSO HELP CHILDREN DEVELOP IMPORTANT LIFE SKILLS LIKE HAVING A GOOD RELATIONSHIP WITH OTHER PEOPLE AND SORTING OUT CONFLICTS AND PROBLEMS. CHILDREN WITH THESE SKILLS ARE LESS LIKELY TO HAVE SOCIAL AND EMOTIONAL DIFFICULTIES LATER IN LIFE.

HOWEVER, MAKING POSITIVE FRIENDSHIPS DOES NOT ALWAYS COME NATURALLY TO ALL CHILDREN AND THEY MAY NEED A LITTLE HELP AND ENCOURAGEMENT.

A GOOD START IS FINDING PEOPLE YOU HAVE SOMETHING IN COMMON WITH OR SOMEONE THAT SHARES THE SAME VALUES AS YOU. THIS IS A NICE ACTIVITY THAT LOOKS AT QUALITIES OF A FRIEND SUCH AS:

- LOYALTY
- TRUSTWORTHY
- HONESTY
- EMPATHY
- SUPPORTIVE.

FOLLOW THE LINK TO THE WEBSITE TO PRINT THIS FRIENDSHIP FLAP BOOK.

[HTTPS://WWW.ELSA-SUPPORT.CO.UK/FRIENDSHIP-QUALITIES-FLIP-BOOK/](https://www.elsa-support.co.uk/friendship-qualities-flip-book/)

