

Topics covered in the program include:

All About Kids

Child Counselling & Psychology Services

All About Kids

Child Counselling & Psychology Services

How to initiate social interactions

Conversation skills

Understanding feelings

Being a friend

Feeling confident

Dealing with conflict

Listening skills

OTHER GROUP PROGRAMS OFFERED INCLUDE:

- The Cool Kids Anxiety Program
- Prep Readiness

All About Friendships

Social Skills Development Program



All About Friendships

Social Skills Development Program

ALL ABOUT KIDS

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Helping to grow happy children!

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What are social skills and why are they important?

Social skills are an important part of daily life. They enable us to develop positive relationships with others - at home, at school and in a variety of social situations. The ability to interact effectively with others is essential for the development of self-esteem and a sense of well-being. Social skills also play an integral role in enabling us to feel accepted into society and cultivating our resilience for dealing with life's many challenges. Many children learn social skills automatically, but others do not. If left unchecked, this can lead to social isolation, bullying and a poor self-concept.

Why learn social skills in a group setting?

For those children who struggle with social skills development, explicit learning and teaching in a safe and nurturing group environment can be of enormous benefit in aiding their development of these skills. All About Friendships is a group-based program which aims to teach children the fundamental social skills which form the building blocks for successful social interactions and friendships. The program structures this learning experience in a fun and engaging way so as to increase each child's confidence in using these skills in their everyday life. Opportunities for learning are maximized by providing the children with a positive group experience with other children their own age.

What is the All About Friendships program?

The All About Friendships program has been specifically designed for children between the ages of four and eight years of age who find social interactions difficult. The program is suitable for children who are shy, delayed in their acquisition of age appropriate social skills as well as those who have an Asperger disorder or high functioning Autism. The program is made up of two levels, each consisting of six sessions conducted over six consecutive weeks. Level 1 of the program introduces the children to the essential elements of effective social skills, whereas Level 2 begins to expand on some of the more subtle aspects of social interactions, including emotional awareness and problem solving.

Topics covered in the program include:

- How to initiate social interactions
- Listening skills
- Conversation skills
- Understanding feelings
- Feeling confident
- Being a friend
- Dealing with conflict

Groups are purposely kept small, with a high ratio of adult support, to ensure that that we are best able to meet each child's specific learning needs. Parents are also provided with useful information and training to assist them in helping their child to practice and further develop these skills in their daily activities.

Our ultimate aim

“Ultimately, our objective is to provide children with a safe and nurturing group learning experience in which they can successfully cultivate effective social skills at the same time as having fun!”

