



OCTOBER 2020

CEDAR HILL COUNSELOR NEWSLETTER

Cedar Hill Elementary, Jefferson City Public Schools

October: Helping Kids Develop Healthy Friendships

Friendships are an important part in children's development. Here are some ways you can help promote healthy friendships for your children:

- **Give them opportunities.** Involve them in an extra-curricular outside of school, or schedule play dates with other families.
- **Model problem-solving skills.** Teach your children how to solve problems with friends instead of stepping in every time to help them.
- **Work on social skills.** Make sure you are practicing sharing, taking turns, and using your words at home. These social skills will make it easier for them to transfer those skills when they are around their peers.

Covid-19 Friendly Friendship Ideas

- Find a pen pal for your child.
- Create an online play-date.
- Have children play a game online with a friend.
- Schedule a socially-distant play-date.



Here are some helpful links about kids and friendship:

1. [The Importance of Friendship](#)
2. [Nurturing Childhood Friendships](#)

If you have questions about helping your child develop healthy friendships, please reach out to me!

Contact Information

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Octobers's Lesson Topics

Kindergarten: Friendship Skills

1st Grade: Friendship Skills

2nd Grade: Friendship/Problem Solving

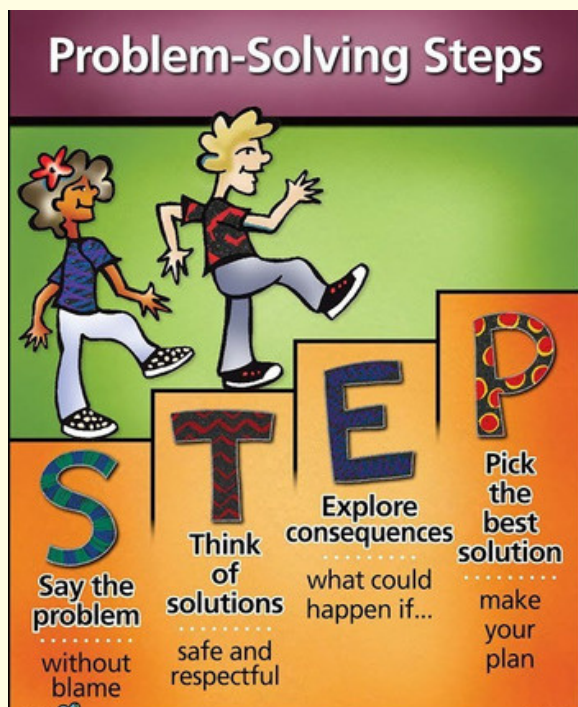
3rd Grade: Friendship/Problem Solving

4th Grade: Friendship/Problem Solving

5th Grade: Friendship/Problem Solving

Parent Resources

Below are some problem solving strategies and resources we use here at school to help students solve problems that may arise with friends.



Problem-Solving
Video for Kids
(Click on link)

