



FRIENDSHIP DIFFICULTIES

Friendships can be wonderful, but difficulties can affect a child's confidence, self-esteem and happiness.

Support and guidance can help them build positive connections.



CHALLENGES CHILDREN MAY FACE

- ✓ Finding it hard to make or keep friends
- ✓ Feeling left out or not included
- ✓ Struggling to join in or start conversations
- ✓ Differences in interests or personalities
- ✓ Misunderstandings or falling out
- ✓ Low confidence or self-esteem



REMEMBER: Every child can learn friendship skills with support.



HOW YOU CAN HELP

- ✓ Encourage kindness and empathy
- ✓ Support positive communication skills
- ✓ Help them find activities they enjoy
- ✓ Role-play and practise social situations
- ✓ Talk about feelings and listen
- ✓ Build confidence through strengths
- ✓ Work with school if needed
- ✓ Celebrate small successes



REMEMBER: Good friendships take time, practice and patience.



SIGNS YOUR CHILD MAY BE STRUGGLING

- ✓ Often feeling lonely or sad
- ✓ Avoiding social situations
- ✓ Not wanting to spend time with peers
- ✓ Frequent falling out or arguments
- ✓ Low self-esteem or confidence
- ✓ Changes in mood or behaviour
- ✓ Reluctance to go to school



REMEMBER: It's okay to ask for help – you're not alone.

BUILD POSITIVE FRIENDSHIP SKILLS



BE KIND

Encourage kindness, sharing and taking turns.



PRACTISE TALKING

Help them start conversations and keep them going.



LISTEN AND UNDERSTAND

Teach active listening and showing interest in others.



FIND THEIR PEOPLE

Support them to find clubs or activities they enjoy.



PRAISE EFFORTS

Celebrate their efforts and progress, not perfection.



MANAGE CONFLICT

Teach calm problem-solving and how to make amends.



TIPS FOR PARENTS

- ✓ Help your child recognise their strengths.
- ✓ Encourage open conversations about friendships.
- ✓ Model positive relationships and respectful behaviour.
- ✓ Work with school staff to address ongoing issues.
- ✓ Be patient – building friendships takes time.



REMEMBER: Small steps today can lead to stronger friendships tomorrow.



WHEN TO SEEK EXTRA SUPPORT

- ✓ Your child feels persistently lonely or sad.
- ✓ They show signs of anxiety or low mood.
- ✓ Friendship issues are affecting school or home life.
- ✓ Your child withdraws or avoids social situations.
- ✓ Behaviour or mood changes continue.



REMEMBER: Extra support can make a big difference.

