Why Will No One Play With Me?

The Play Better Plan
To Help Children of All Ages Make Friends and Thrive

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Social Emotional Skills Training for Everyone

Why Will No One Play With Me?

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Social beliefs that get in the way such as:

• “Smart kids don’t have friends”
• “I am making reasonable arguments you should bargain with me.”
• “I will do better when I am an adult.”
• “I am not a school person.”
PAVE THE WAY TO A COACHING CONVERSATION

1. Having a thoughtful, responsive relationship with your child

2. Strengthening core life skills for social interaction, emotional health, and learning

3. Reducing stress in all areas of life and learning
• Coaching made up of two key skills open-ended questions and reflective listening
• Coaching is the process of teaching, guiding, showing, and practicing skills with your child
• By asking open-ended questions, you can encourage your child to talk about his friendship situation fully and candidly
• Open-ended questions use the words:
  • Who, what, when, where, how
  • Ask, rather than tell
  • Ask questions, instead of “mix into that group.”
  • What can you ask your playmate?
  • What happens if you sit here and don’t join in?
  • What does your friend feel when you play only your favorite game?
• For children with limited verbal skills we add visual underpinnings
## TIPS USING REFLECTIVE LISTENING

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<tr>
<th>Repeat back</th>
<th>Confirm</th>
<th>Clarify</th>
<th>Accept and validate</th>
<th>Express</th>
<th>Word Choice</th>
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<td>- Repeat back the child's statement without giving an opinion. By reiterating your child’s statement, your child also hears what he has said.</td>
<td>- Confirm with the child that you captured his thoughts and feelings accurately.</td>
<td>- Clarify the child's thoughts and feelings by asking questions.</td>
<td>- Accept and validate your child's sentiments.</td>
<td>- Express empathy to your child: “I hear you,” “I get it,” “That must be hard.”</td>
<td>- Use you and I statements, such as “You are overwhelmed” and “I am sad you are lonely.”</td>
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REFLECTING AND WITNESSING THE SOCIAL WORLD

- Open questions allow you truthful information and your child’s perspective
- Allow child to self evaluate comparing their own ideas and perspective on the social world with their parents
- Play coaching and other methods help hold a mirror up to the child’s behavior
- They help her learn about the social world
- Child with limited language can use visuals
- Rather than telling we are helping children understand the social world -we show them

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METACOGNITION: TAKING A BIRD'S EYE VIEW

- Accurately self-evaluate our skills and abilities
- Gauge our effort on any task
- Be aware of what you do well and what you need help with

DO YOU HEAR A LITTLE VOICE IN YOUR HEAD THAT COMMENTS ON YOUR ACTIONS?

PAST EXPERIENCES
- Use information from our past or historic experiences
- Use self-talk which is our internal rudder
- Tune in and listen to self-talk

FUTURE SELF

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Building on That

Build on a conversation by picking one topic. Then, every time a person builds on the conversation topic, mark it by adding blocks or a marble to a jar. This gives the child a visual representation of how a conversation grows and that each comment builds on the last comment. With each comment add another block to the pile or put another marble in the jar.
Why Will No One Play With Me?

Help your child become:
- Socially engaged
- Confident
- Open to the unlimited world of learning, connection, love and life

Just the right research, examples, and advice that will be truly helpful for any parent.

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