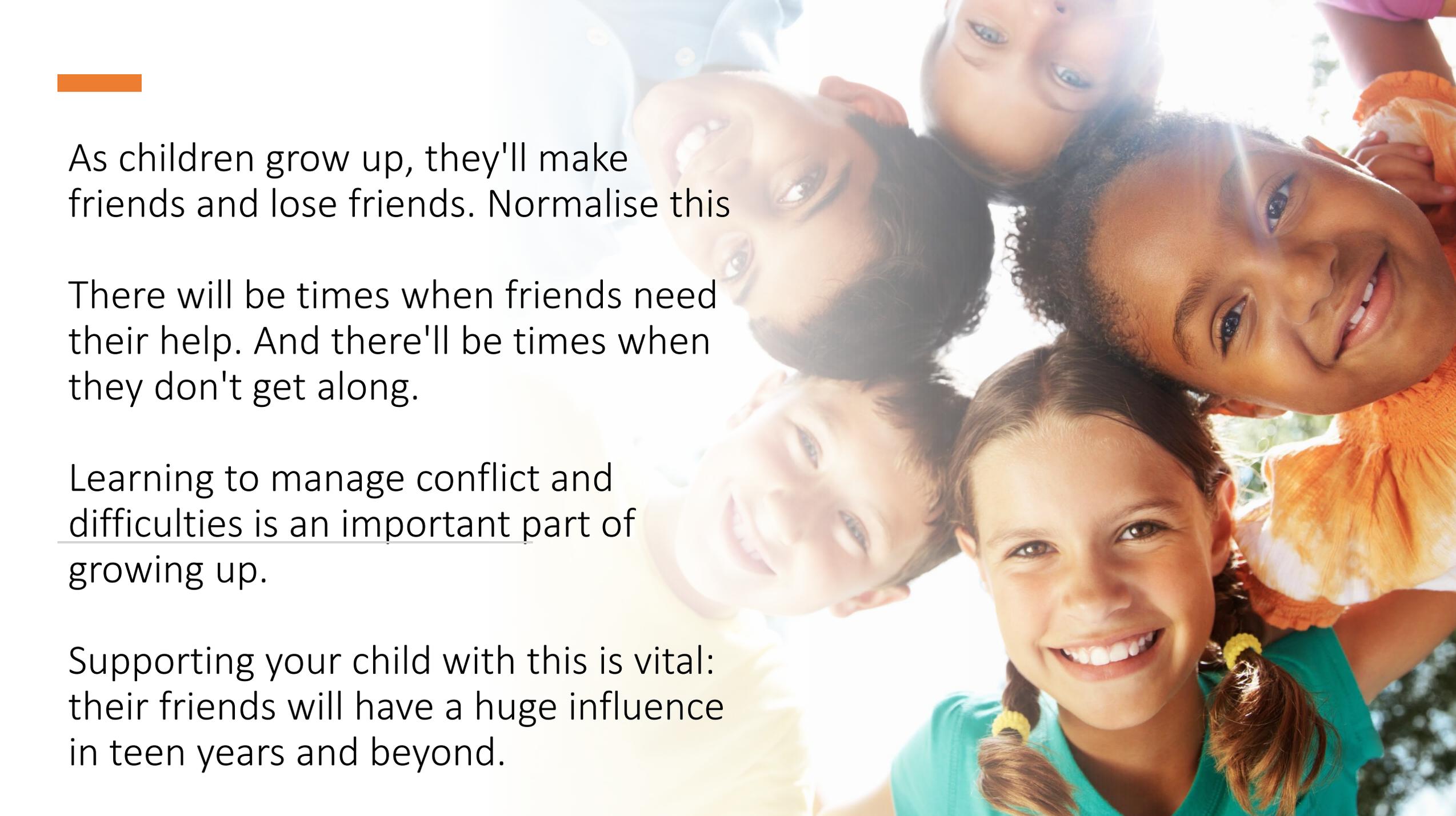




# The Westgate School Partners in Learning

March 2022

Helping children to manage  
friendships and emotions

A group of diverse children, including a boy in a blue shirt, a girl in a pink shirt, a girl in an orange shirt, and a girl in a teal shirt, are huddled together and smiling. They are looking up at the camera. The background is bright and slightly blurred, suggesting an outdoor setting.

As children grow up, they'll make friends and lose friends. Normalise this

There will be times when friends need their help. And there'll be times when they don't get along.

Learning to manage conflict and difficulties is an important part of growing up.

Supporting your child with this is vital: their friends will have a huge influence in teen years and beyond.

# FALLING OUT WITH FRIENDS

It's okay to not get on with some people – we can't always be friends with everyone we meet.

Sometimes you might not like someone when you first meet them. But you might find that as time goes on you start to like them more. Try not to judge someone before getting to know them. If you give them a chance, you might just become friends.

We can't choose how we feel, but we can choose how we act. So, if there's someone in your group who you don't like, it's important to make sure you're not nasty to them. You can get along with someone and hang out in the same group as them without being really close friends.



If you've made a friend feel bad...

- be prepared to say sorry
- give them time
- ask another friend or a grown up to explain to them how you feel

# If your friend has made you feel bad...

try to think about why they might have acted the way they did

ask if they're ok - they might have felt worried about something, and taken it out on you

Remember it's not Ok for someone to make you feel bad  
If your friend has said something about how you look or where you come from, or pressured you into doing something you didn't want to, it could be a good idea to tell someone what has happened.

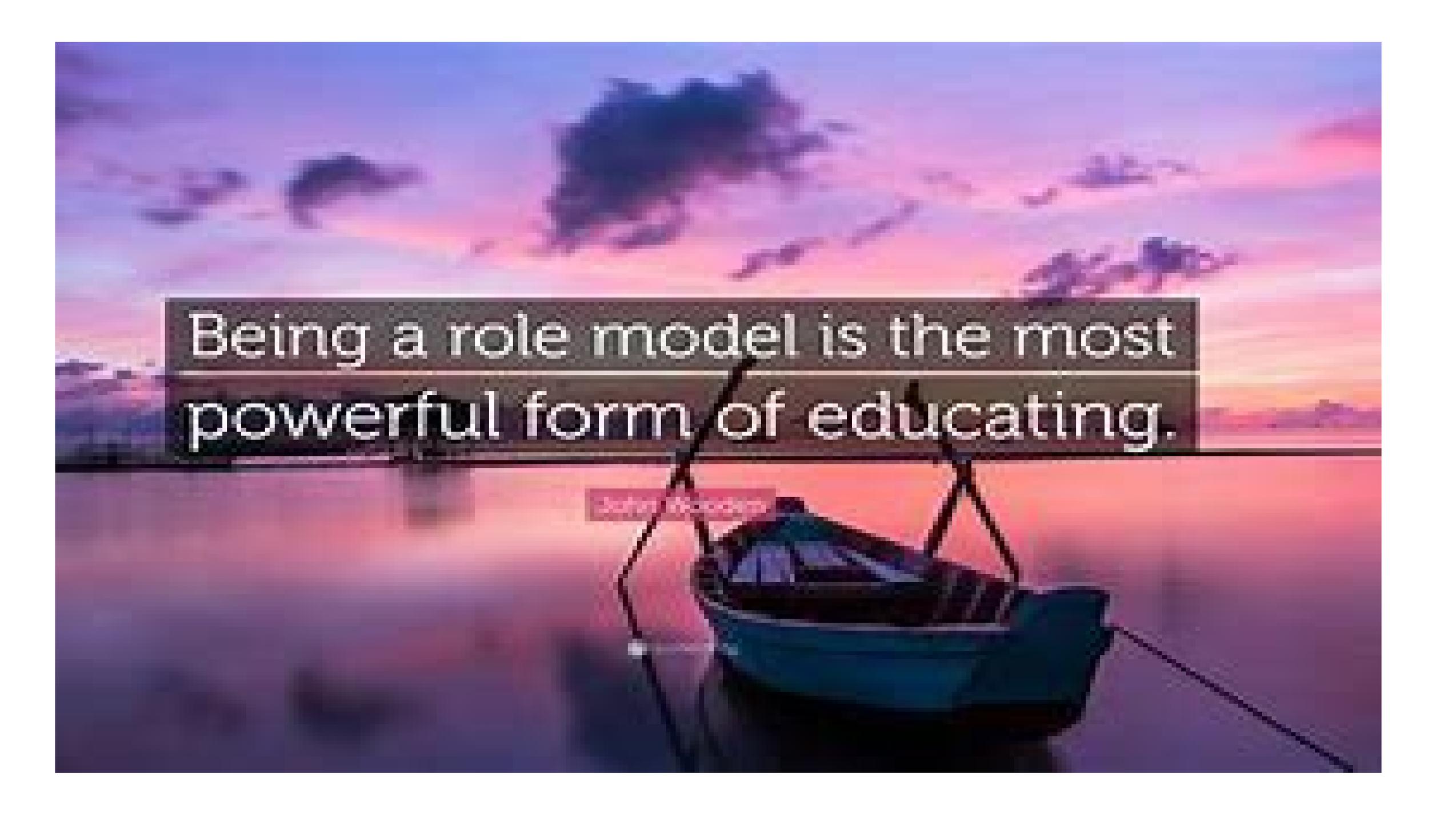
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# What can go wrong in friendships?

- Not positive relationships
- Imbalance/ coercive relationships

How can you deal with this?

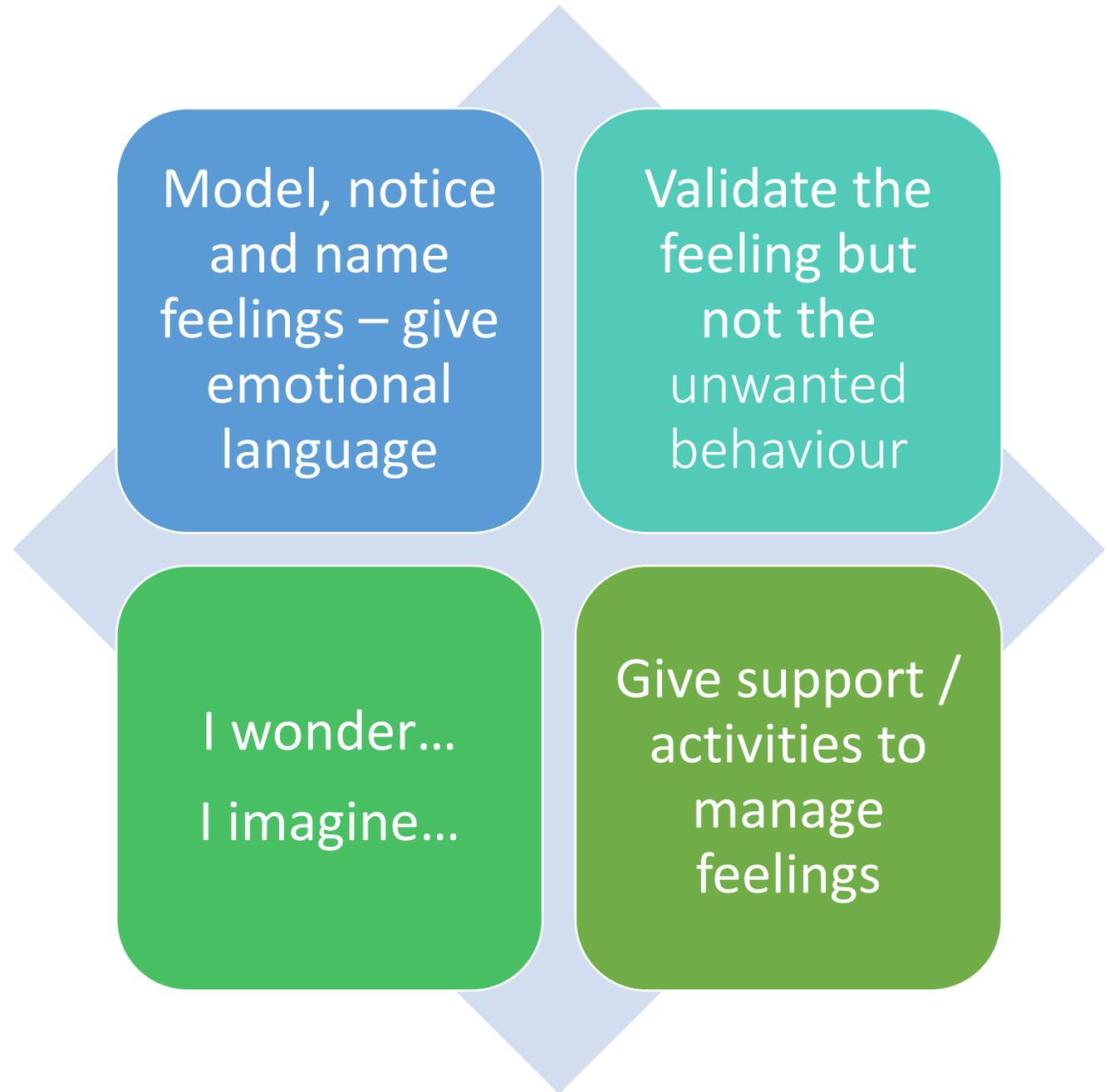


A photograph of a sunset over a body of water. The sky is filled with soft, colorful clouds in shades of purple, pink, and orange. In the foreground, a small, dark-colored boat is visible, partially obscured by a dark, semi-transparent text box. The water reflects the colors of the sky.

Being a role model is the most powerful form of educating.

John Maxwell

# Supporting your child to manage their big feelings





## Thrive's vital relational functions

- Attune – match the child using your body, face and voice
- Validate – let the child know it's OK to have the feeling
- Contain – be alongside as a helpful supportive adult
- Regulate – soothe or stimulate the child back to regulation



What is the purpose of behaviour?

- Behaviour is an expression of feelings and emotions – children don't have the language to explain
- Deal with the cause of the behaviour



Questions?