

## Social Skills Difficulties

Difficulties with social skills may include the following:

- ◆ Interacting with peers
- ◆ Not understanding games
- ◆ Poor understanding of other people's feelings
- ◆ A very literal understanding of language
- ◆ Little initiation of conversation
- ◆ Happy to play on their own
- ◆ A lack of imaginative play
- ◆ Eye contact
- ◆ Listening skills/attending

## How to Help

You might try some of the following strategies depending on what specifically your child is struggling with.

- Invite the child's friends to play and demonstrate to the child how to play the game/ask questions/converse etc.
- Get down to the child's level, model good eye contact and encourage the child to look at you when talking
- Gain the child's attention by saying their name before talking to them and encourage them to turn to peers when they are talking too.
- Take time to explain games fully to the child and allow them to ask you about the parts they might not understand.
- Use everyday scenarios to ask the child how he thinks somebody felt in that situation and how he might feel, e.g. happy/sad/angry etc.
- Try and keep your language direct and simple