

Keeping Friends



Making and keeping friends takes a lot of skills.

This can be hard for children to do.

For some children these skills come very naturally.

Other children might find it a little harder.

This is OK.

You can help your child practice the skills they need to make and keep friends.



For more information on how to teach your child what a friend is, go to [Making Friends](#).

Your child might have many friends.

They might have just one friend.

That is OK.

Having one good friend is more important than having many.

Having a friend will really help your child's confidence and social skills.

Once your child makes friends it is important to help them know how to keep their friends.





What is on this page?

This page is about how you can help your child to keep their friends.

It has information on:

- how to talk to your child about friends
- ways to help your child to keep friends
- resources you can use to help your child to keep friends

How to talk to your child about friends

You can ask your child questions like:

- “You seemed to get along well with the new student at your swimming class.



- Do you think they could be your friend?”

“Did you enjoy your friend’s party yesterday?”

What do you think you should do to show them you like being their friend?”

- “Your classmate Lee, their mother seems nice.

What do you think I should do if I want to be her friend?”



Ways to help your child to keep friends

Talk to your child about their friends

Here are some questions you can ask your child.

- What do you like to do with your friends?
- What do you like about your friends?
- How do you show your friends you like them?
- What should you do if you have an argument with your friend?



You can also talk to your child about your friends.

This will help them to understand that people can be friends but like different things to each other.

This is okay.

People might like to do different activities with their friends.

Some people might like to go out.
Some people might like to stay in more.

The important thing is they like to spend time with each other.

Model good friendship behaviour with your friends

Modelling is when you show someone what to do or how to act through your actions.



Modelling good friendship behaviour with your friends helps to show your child how they can be a good friend.

This can include modelling things like:

- sharing
- turn taking in conversation
- asking consent (e.g., consent to go to a friend's home)
- showing respect when you disagree



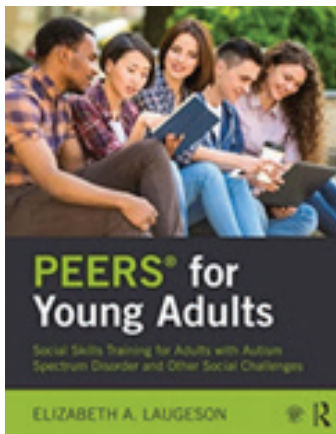
Role play different friendship scenarios

Help your child to practice how they should act in common friendship scenarios, such as:

- planning a get together
- preparing for a get together



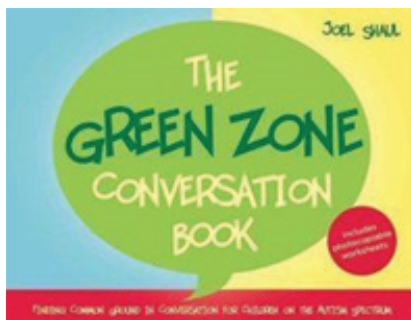
- what to do at a get together
- how to respond to a disagreement



Resources for you to use

PEERS for Young Adults: Social skills training for adults with autism spectrum disorder and other social challenges

Elizabeth A. Laugeson



The Green Zone Conversation book

Joel Shaul



What to read next?

- [Ending relationships](#)
- [Making friends online safely](#)
- [Healthy vs unhealthy relationships](#)

For more information go to the Planet Puberty website

www.planetpuberty.org.au