

“Fatherhood is pretending the present you love most is soap-on-a-rope.” -Bill Cosby

## Making Friends

Friendships are an important part of school success. When children form friendships, they tend to love going to school and will participate more in activities while at school. Children who feel good about themselves and have positive relationships with friends are more likely to enjoy school and work hard there. In addition, friendships are important in helping children develop emotionally

and socially. They provide a training ground for trying out different ways of relating to others. Through interacting with friends, children learn the give and take of social behavior in general. They learn how to set up rules, how to weigh alternatives and make decisions when faced with dilemmas. They learn how to win, how to lose, what's appropriate, and what's not. They learn that they're both similar to and different from others. Through friendships, children improve their sense of self-esteem.

Here are some things that you can do that will support your child and the friendships he or she makes:

- Let your child know that you feel friendships are important and worth the effort.
- Respect your child's social style; some children do best with a host of friends, and some do best with a few close friends. Some make friends quickly, and some warm up to friends slowly.
- Contact your neighborhood library to see if any playgroups are offered in your area.
- Find practical ways you can help your child make friends like setting up play dates or simply making suggestions, such as "Would you like to invite somebody to go to the pool with us on Saturday?"
- Be flexible about your family schedule so that your child can find time to be with friends.
- Make arrangements for your family to spend time with another family that has a child of similar age.
- Organized group activities such as sports, dance classes, art or nature classes can provide a chance for your child to interact with other children that share a common interest.
- Talk with your child about their feelings and experiences with friends. Problem solve together ways to handle difficulties with other children.

# June

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## Resources For Families

Book: Parenting from the Inside Out  
by Daniel Siegel and Mary Hartzell

Website: I Am Your Child [www.iamyourchild.org](http://www.iamyourchild.org)  
Rob Reiner and his wife Michele started the organization  
to increase public spending on early childhood programs.

National Center for Early Development and Learning  
[www.ncedl.org](http://www.ncedl.org)

## Fun for Families

- Know and talk about your feelings and emotions and help your child talk about theirs
- Share happy stories and memories from your own childhood
- Plant a garden or grow seeds in pots
- Take your child to a baseball game
- Learn poems and rhymes together
- Make homemade macaroni and cheese together
- Fill up a plastic bin with clean sand and add some plastic zoo animals for your child to play with
- Go to the website for your local Chamber of Commerce, Visitor's Center and/or Parks and Recreation Department and find all the fun things to do in your community that are free.

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## Cuddle Up and Read with Your Child

Miss Bindergarten Gets Ready for  
Kindergarten by Joseph Slate

Do You Want to Be my Friend?  
by Eric Carle

Ella Sarah Gets Dressed  
by Margaret Chodos-Irvine

Month by Month a Year Goes Round  
by Carol Diggory Shields

