



Arranging Playdates to Help Children with Friendships

@John_Sharry

Organising play visits and meet-ups with other children is an excellent way to support your children in making friends.

Here are 7 tips to help them go well...

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TIP

1

Identify the right children

Take time to identify children your child might get along with. Don't go for obvious choices - there might be a quiet child in the class they could connect with.

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TIP

2

One-to-one

One-to-one visits make it easier for two children to get to know each other well and build a friendship. It also avoids problems of jealousy and competition.

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TIP
3

Plan with your child in advance

What games do you want to play?

What toys are you happy to share?

Put away items they do not want to share or play.

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TIP

4

- arrival
- outdoor play
- snack
- indoor play
- drop home

Keep it structured

When new children are visiting, keep it short - enough to give it a chance to go well, but not too long to drag.

Try to keep your other children away for at least some of the time so they get some time to themselves.

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TIP

5

Help them get started



All your favourite dolls
are left out here for you.

Support them in setting up...then fade to the background - but be ready to encourage them as needed.

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TIP

6

Support social skills

Before the visit, you can coach your child about the specific skills they might need.

Ask your friend what they want to play with first.

Listen to your friend's news and ask them questions.

Model these skills and practise a friendly tone of voice.

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TIP
7

Chat with your child afterwards

What did you
enjoy most?

What do you think
your friend enjoyed?

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