



SHEPARD

Shepard School Counseling Department

How to Foster Your Child's Social Skill Development During and After Covid-19 Presentation Reminders and Take-Aways

- Social Skills are comprised of many different smaller skills such as turn taking, initiating conversation, perspective taking, and self-regulation. Students are on a continuum (introduction, practice/growth, maintenance) in terms of social skill development and may need different supports accordingly.
- **Model Social Skills**
 - You can build opportunities to foster social skill development into naturally occurring parts of your day.
 - Talking about your day, taking turns during natural activities, and remaining flexible are all examples of ways you can model social skills for your child.
 - Use routines, rules, and limits to create structure in your home. Some suggestions for how to do this include visual prompts, timers, and predictable schedules.
- **Screen Time**
 - There are different types of screen time including passive consumption, interactive consumption, communication, and content creation.
 - You can use screen time to engage your child in conversation. You can also be mindful of the types of screen time that is being consumed and work to change the percentage of time your child is spending on each.
 - Talk to your student about social media and set realistic boundaries for your child's use. Lead by example and remember parental control options are available for every application.
- **Activities for Home**
 - These activities may require a bit more preparation or thought before you use them with your student.
 - Build off of your student's interests and hobbies and be imaginative!
 - Some suggestions include starting a home book club, watching your child's favorite show, playing a board game, or cooking a meal together.

**Remember we are here to help! Contact your student's counselor if you need any additional support.
We appreciate your participation!**

