

The Carter-Jenkins Center

presents



Brenda Curtwright, Ph.D., CCC.SLP

The right side of the slide features a decorative graphic composed of several overlapping, semi-transparent green triangles and polygons. The colors range from a light, pale green to a dark, forest green. The shapes are arranged in a way that creates a sense of depth and movement, with some shapes appearing to be in front of others. The overall effect is a modern, abstract design element.

How to help your child grow socially



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- ▶ Work as a coordinator of social skills program at USF since 2005.

Why Social Development matters to your child's overall happiness

- ▶ A lack of friends can lead to emotional and mental difficulties later in life.
- ▶ Friendships help children learn to talk, get along, and work through problems.
- ▶ Children with friends do better in school because they like going to school



4)

M. Ferrer and Anne Fugate

Research on social skills

- ▶ Social skills Instruction can help children build social skills
 - ▶ (Quinn, M., Osher, D., Warger, C., Hanley, T., Bader, B., Tate, R., & Hoffman, C., 2000).
 - ▶ Quality interventions have been found to be helpful, that address the following areas:
 - ▶ Focus on social and emotional learning - emphasizing reflection and self-awareness
 - ▶ Create opportunities to practice effective social skills both individually and in groups
 - ▶ Adjust instructional strategies to address social skills deficits.
 - ▶ Tailor social skill interventions to individual student needs

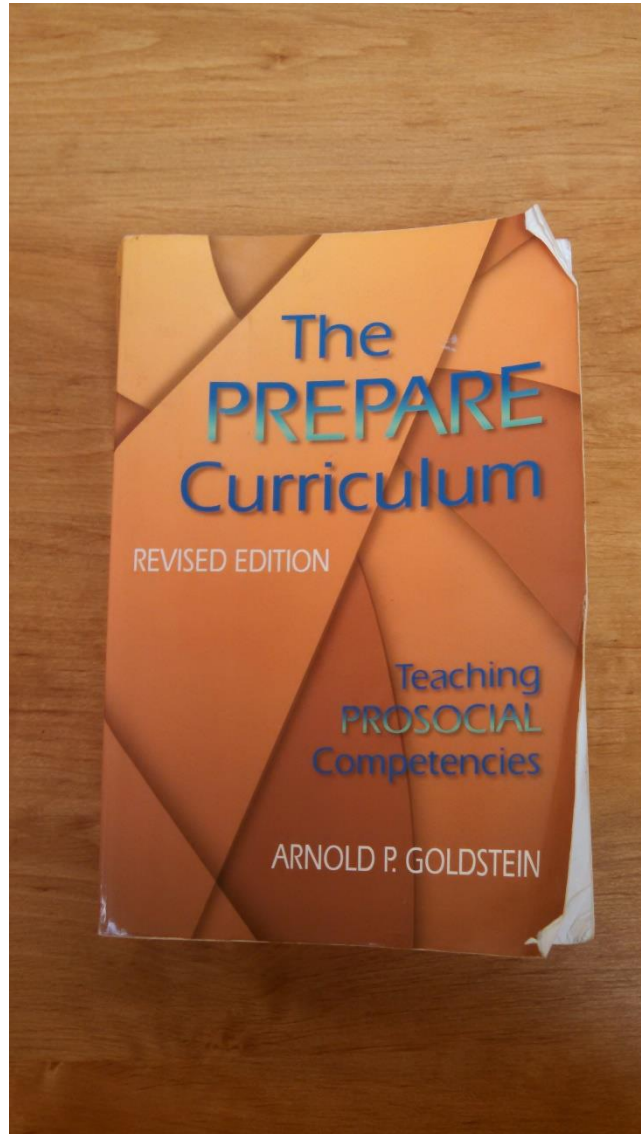
Social and emotional strategies

- ▶ Encourage child to consider how actions result in consequences
- ▶ Develop child's ability to take on the perspective of others
- ▶ Teach child to think through situations or rehearse possible outcomes

Create opportunities for practice

- ▶ Model effective social skills through praise, positive reinforcement, and correction and redirection of inappropriate behaviors.
- ▶ Discuss ways of doing things using steps of the correct way to do it.
- ▶ Role-play social situations (e.g. meeting someone new, asking if can play).

The PREPARE Curriculum

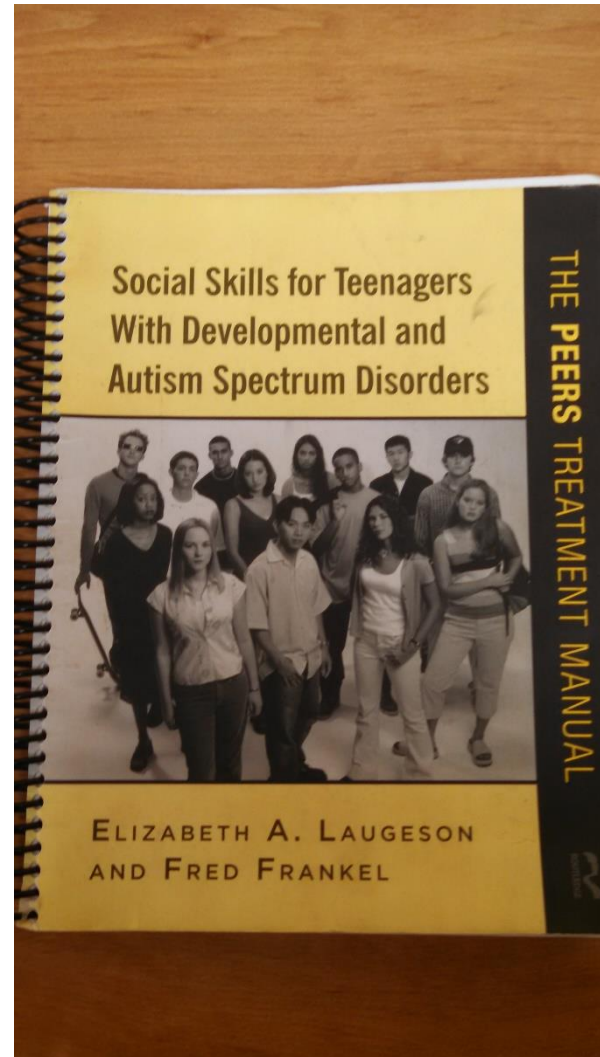


ISBN-13: 978-0878224197 ISBN-10: 087822419X

Adjust instructional strategies to address social skills deficits

- ▶ Simulate “real life” challenges students may encounter.
- ▶ Real life can include situations student may have at home, school, and in the community.

Social Skills for Teenagers with Developmental and Autism Spectrum Disorders



ISBN-13: 978-0415872034 ISBN-10: 0415872030

Tailor social skill interventions to the needs of the individual

- ▶ Use strategies for the particular deficit
- ▶ Make sure duration and intensity of the intervention are appropriate.

Social Skills

- ▶ The best interventions may not produce observable results
- ▶ A well-defined, systematic framework, or program may be required
- ▶ Programs that have evidenced based interventions may contribute to success.

Examples of Systematic Approach

► Positive Behavior Support (PBS)

Addresses social skill interventions within broader school, district, and even state contexts.

A team of educators set goals for behavior and include social skills

Adults model behavior and use positive reinforcement

Student can go to social clubs to practice skills and experience positive interaction

Effective Program Components

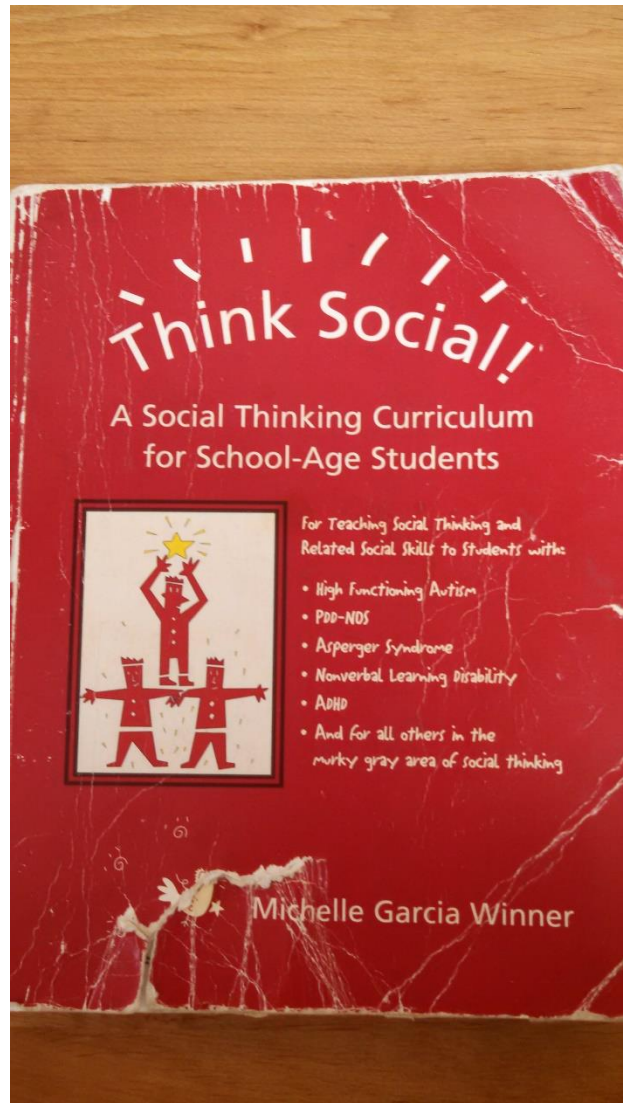
- ▶ Modeling social skills through activities
- ▶ Games
- ▶ Role play
- ▶ Feedback
- ▶ Student practice
- ▶ Goal is transfer of skills to other settings

Skill Streaming

- ▶ Tailored to students with aggression, immaturity, withdrawal, or other problems
 - ▶ (Gibbs, Potter & Goldstein, 1995, Goldstein, 1999, McGinnis & Goldstein, 1997).
- ▶ Breaks skills into steps
- ▶ Walks students through those steps to encourage reflection, discussion, understanding, and competency.'

Think Social!

A Social Thinking Curriculum for School-Age Students



ISBN-13: 978-0970132048 ISBN-10: 0970132042

Social Stories

- ▶ Designed to help children interpret challenging or confusing social situations.
 - ▶ (Lorimer, Simpson, Myles, & Ganz, 2002, Sansosti & Powell-Smith, 2006).
 - ▶ Each story breaks social situations into steps, descriptions, and illustrations to help a child understand an entire situation (Ali & Frederickson, 2006).
 - ▶ Teachers read the story with the student each day for a specific period of time.
 - ▶ Stories can prompt a student when he displays inappropriate behaviors.
 - ▶ Designed to help students learn and internalize messages and strategies found in the story and use them smoothly and automatically in his daily life.

Barriers to Socialization

- ▶ If a parent is
 - ▶ Detached
 - ▶ Inconsistent
 - ▶ Fails to surround a child with peers
 - ▶ Neglects a child's needs
- ▶ “A child might not know how to express emotions, obey social rules, recognize social cues or develop empathy.”



Flora Richards- Gustafson”, February 2013

Barriers to Socialization (Continued)

- ▶ Technology
- ▶ Overscheduling
- ▶ Environment

Video: Social Deficits

(<https://www.youtube.com/watch?v=zXMynHnUVak>)

Social Developmental Milestones

▶ 0-5 years

- ▶ Infant plays alone
- ▶ Child plays with another child and learns to take turns
- ▶ Child learns to play in a group of three and four children by Kindergarten

▶ 6-12 years

- ▶ Very social stage of development
- ▶ School/neighborhood is key
- ▶ If experience unresolved feelings of inadequacy and inferiority problem can ensue

▶ 12 to 18 years

- ▶ Separation from family/strong devotion to friends/causes
- ▶ Most significant relationships is with peer groups

Research-Meta Analyses

Rao and Murray, 2008

- ▶ Social skills in childhood linked - positive outcomes
- ▶ Children deficient in social skills linked to deficits in academic and social development
- ▶ Neurotypical preschool children can observe social challenges in peers
- ▶ Children don't outgrow their challenges - they have them throughout adulthood

Reichow and Vokmar, 2010

- ▶ Most data in social skills programming does not show strong ability for generalization.
- ▶ ABA and social competency teaching have strong evidence for school age students.
- ▶ Video modeling, using visual cues, peer mentoring and parent training have positive impact.

Activity: Think - Pair - Share



How Parents can help enhance their child's social growth

- ▶ If your child is experiencing problems in social development
 - ▶ Look for a child (boy or girl) who your child can play with by approaching parent
 - ▶ Have a supervised visit at your home to include parent (e.g. lunch)
 - ▶ Have snack for the children and then a short play period
 - ▶ As soon as see children losing interest - end the session.
 - ▶ When children become at ease with each other arrange for children to play alone for a few minutes

How Parents can help enhance their child's social growth (cont)

- ▶ Eventually allow the children to be alone for 5 minutes, then 10 minutes where you can still monitor.
- ▶ When goes well can go to someone else's house.
- ▶ Accompany the child and then make arrangements to pick up at a specific time.
- ▶ Arrange to be informed if visit needs to be terminated.
- ▶ Group play is next, and if trouble ensues offer to have group help do something.

Teachers can help

- ▶ Can request a conference with teacher on social needs
- ▶ Most teachers will respond favorably
- ▶ Discuss need for special friend
- ▶ Teacher can arrange to connect your child with a good match
 - ▶ Similar disposition
 - ▶ Similar interests
 - ▶ Seating, play-pairs, playground pairs, and walking to and from school.

ADHD, ASD, and Learning Disability

- ▶ Impulsivity,
- ▶ short frustration tolerance,
- ▶ lack of concentration
- ▶ Difficult to pay attention to social cues
- ▶ Children do better with children with similar disabilities

How parents can help enhance their child's social growth

- ▶ Identify child's interests and identify experience - connect the two
- ▶ Play games with your child.
- ▶ Make friendship a priority
- ▶ Invite friends with children over to your home
- ▶ Offer to take children places with your child
- ▶ Eliminate things where your child has been unsuccessful at making friends.

How parents can help enhance their child's social growth

- ▶ Set clear rules for appropriate behavior
- ▶ Children learn social skills from family rules
- ▶ How you treat your child is how he/she will respond to others.
- ▶ Teach basic problem solving from toddler on up (e.g. please and thank you).
- ▶ Mentor your child by talking to them before they go to the party.
- ▶ Listen and then ask them for ideas of how to solve problem.
- ▶ Role play what to say in different situations with your child.
- ▶ Role model using social skills with your child (e.g. listening and eye contact).
- ▶ Perspective taking

References

- ▶ Ferrer, M, and Fugate, A. The Importance of Friendship for School-Age Children, FCS2207, one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611. First published December 2002. Reviewed June 2014 by Heidi Radunovich, assistant professor, Department of Family, Youth and Community services. [Hht://edis/ifas.usf.edu\R](http://edis.ifas.usf.edu/R)
- ▶ Rao and Murray, 2008
- ▶ Reichow and Volkmar, 2010
- ▶ Tu, Kelly M. Young Children Need Friends Parenting [January 22, 2014](#)
- ▶ "Helping Your Child with Socialization" *Child Development Institute*

Resources

Parenting blog: tips on how to help your child socialize.

<http://www.scholastic.com/parents/resources/article/social-emotional-skills/why-social-skills-are-key-to-learning> -

Tips to improve socialization of children with ASD:

<http://www.autismtrainingsolutions.com/resources/research/autism-training-teaching-socialization>

Practical parenting tips on how to help your child socialize:

<http://www.parentingscience.com/kids-make-friends.html>

Parent resource that breaks down developmental levels by age of child:

<http://www.parents.com/kids/development/social/improving-kids-social-skills/>

Resources (continued)

Give tips on how parents can speak to their child to improve social skills:

<http://www.nasponline.org/publications/cq/mocq362socialskillsho.aspx>

Links positive outcomes for working on social skills:

<http://www.parentcenterhub.org/repository/social-skills/>

Thank You!

- ▶ Questions?
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