



Therapeutic Parenting

STRATEGIES AND SOLUTIONS

Friendships

What it looks like:

Child develops quick and intense friendships.

Has no friends.

Obsesses over a friend.

Friendships end after a short period of time.

Child is controlling and/or manipulative.

Friendships appear mismatched.

Why it might happen

Lack of empathy- unable to consider their friend's feelings.

Lack of remorse- not able to repair a friendship.

Emotional age- may make friends with younger children.

Need to feel in control and powerful in their friendships.

Lack of cause and effect thinking.

Preventative Strategies

- ✔ They may not be ready to form friendships- that's okay!
- ✔ Try not to force your child into a friendship.
- ✔ Let them have '5 minute' friendships at play barns- this will build confidence over time.
- ✔ Pets can be good way to tackle feelings of loneliness.

Strategies During

- ✔ Help your child have a realistic view of friendships.
- ✔ Support a new friendship but mindful of it becoming overwhelming.
- ✔ Understand their feelings and try and talk about how others may feel.

Access further support via Wyre
Family Hub

CONTACT

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