

Helping children's social communication



Help interpret social situations for your child. They may not always pick up on subtle cues and may need some help. It's helpful to use simple and straight forward language to explain what you are talking about



Talk about social situations using real life, books or TV programmes. You can talk about people's emotions, e.g. how can you tell they are upset, bored or angry etc. You could talk about when your child might experience the same feelings too



Be aware that, at times, your child may need their own time and space, and be happy to be in their own company



Try to avoid using non-literal language, e.g. "Just give me five minutes". Instead, say exactly what you mean, e.g. "I will talk to you when I have finished cooking"

When talking about emotions, try talking one emotion at a time - starting with the easiest first



Give your child specific praise to help encourage positive behaviors, for example, when they take an interest in your topic of conversation or say sorry for a wrong doing. Make sure your praise is very specific e.g. "I like the way that you apologised for talking bluntly to Dad," or "I really appreciate it when you ask me questions about my day. It makes me feel listened to"

