



Community Children's  
Health Partnership



# Supporting Social Skills

**Top Tips from  
Speech & Language Therapy**

Service provided by

**Sirona**  
care & health

Social skills and expectations are complex and we often assume that they are obvious to children and young people. However, some have difficulties with or differences in:

- Engaging in conversation
- Making friends
- Taking turns and sharing
- Playing imaginative games with other children and adults
- Understanding the feelings or needs of other people

Sometimes, children and young people really want to engage with other children and adults, but do so in a different or unexpected way. Other children might not see any reason to do these things! Every child is very different, and a person who knows your child well will be able to make some specific suggestions. Here are some ideas to get you started:

## **Social skills groups or programmes**

There are lots of published structured social skills programmes or interventions available, all aimed at different ages and stages of social development. For example:

- Socially speaking (Alison Schroeder)
- Time to Talk (Alison Schroeder)
- The Talkabout range (Alex Kelly)
- You are a Social Detective (Michelle Garcia Winner & Pamela Crooke)
- Lego-Based therapy (Daniel LeGoff)

Many schools use interventions programmes with selected groups of children – you could talk to your child’s school about this to find out what is available, if your child could take part and what you could do at home to support this.



## Activity ideas

You may want to pick a specific skill to work on, depending on your child's age you could agree this with them. For example; asking questions, taking turns, playing a game together, working out how people feel, saying hello/goodbye. Remember to be clear about what is expected – social stories are a good way to do this: <http://carolgraysocialstories.com/social-stories>

You may also want to give your child regular structured opportunities for social interaction with other people, some ideas include:

- Making time to play structured games e.g. board games night, Lego hour, marble run – sometimes activities with clear rules, a defined goal or a natural end point can be easier
- Joining an organised group or sport activity e.g. Scouts, Brownies, Sports clubs, Forest school
- Attending a youth group or course – The Prince's Trust courses, Off the Record activity groups e.g. Book club

## Advice and Support

For further advice and support from a Speech & Language Therapist, please contact us via our Telephone Advice Line 07825 016 335 (Wednesdays 9am-12pm) or by email [sirona.slt@nhs.net](mailto:sirona.slt@nhs.net)



Community Children's  
Health Partnership

This service is provided by Sirona care & health as part of the Community Children's Health Partnership

### Let us know what you think and get involved

**T:** 0300 124 5300\* **E:** [sirona.hello@nhs.net](mailto:sirona.hello@nhs.net)

**W:** [www.cchp.nhs.uk](http://www.cchp.nhs.uk)

\*Calls from landlines are charged up to 10p per minute; calls from mobiles vary, please check with your network provider. This is not a premium-rate number.

**This document can be provided in other formats and languages, please contact us for more information.**

**Date of creation** 05/2021 **Date for review** 05/2023 **URN** 0306

#### Registered office

Sirona care & health CIC,  
2nd Floor, Kingswood Civic Centre, High Street, Kingswood,  
Bristol BS15 9TR  
Company Number: 07585003