

THRIVE BY 3



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BUILDING RELATIONSHIPS

"I LIKE BEING WITH OTHERS"

Title:

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Building relationships
"I like being with others"

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About

- Being with adults (interacting with adults)
- Being with children my own age (interacting with peers)
- I am social! (social behaviour)
- I need your help when I get into trouble! (problem solving and conflict resolution)

In this booklet you will find text and suggestions about your child's interaction with adults and children, about your child's ability to socialise and what your child can do and needs when conflict situations arise. The information is presented in two columns: "Children can...." are examples of what children aged 9-18 and 16-36 months are about to learn, be, do, and know. "What you can try to do together with your child...." are examples of what you can do to help your child thrive, learn, and develop. Some of the things you will read will likely be familiar and you probably already practice some of the examples of what you can do together with your child. Perhaps there is still something that is new to you, something you did not know your child could do, or that you would like to try some of the suggestions with your child?

Keep in mind that the age divisions are not absolute. Many younger children can do some of the things listed for children aged 16-36 months, and much of what is listed under 9-18 months is applicable to older children.

The descriptions and suggestions in this booklet can be viewed as a basis for thinking through and talking about how to best support your child in different situations in everyday life. They are not set answers.

BEING WITH ADULTS

Children aged 9-18 months can...

What you can try to do together with your child...

- Derive great pleasure from being with adults.
- Follow the adult's gaze and pointing to share the same activities or toys – joint attention.
- Take the initiative to be together through smiling, making sounds, saying words, pointing or using gestures.

- Be physically close to your child.
- Have eye contact.
- Use a calm and friendly voice.
- Direct your attention to what your child is interested in.
- Talk and play with your child; offer activities and toys that your child has not tried before.
- Have "conversations" with your child that last for a while (taking turns to "say" or show something several times).

Children aged 16-36 months can....

What you can try to do together with your child...

- Show great interest in familiar adults.
- Desire and actively seek the attention of adults.
- Like playing games with adults where you take turns.
- Can steer and direct what the adult is supposed to do.

- Show that you enjoy being with your child.
- Laugh and have fun with your child.
- Be where your child is (e.g. on the floor) and notice their initiative/expression and need for contact and support.
- Take note if your child withdraws and makes little contact themselves.
- Respect that your child may need a break from the activity or contact with you. Keep an eye on them so that you see when your child is ready for contact again.
- Put your child's various feelings into words and give them recognition, even when you do not "agree" with their reaction. ("I understand that you got upset, but we can't visit Grandma today" "I understand that you're angry, because you really wanted to play more, but we're going to eat dinner now").

BEING WITH CHILDREN MY OWN AGE

(INTERACTING WITH PEERS)

Children aged 9-18 months can...

- Like being with other kids.
- Respond to other people's smiles and feelings. React when others cry or are upset.
- Show interest in other children and what they do by looking at them or trying to imitate what they do (e.g. follow an older child).
- Communicate with other children through movements, gestures, sounds.
- Imitate roleplaying of older children
- Recognise other children, their name, and their family members.

What you can try to do together with your child...

- Give your child opportunities to be with other children, at home, at friends and relatives, or in small groups.
- Help your child play with others by talking about and showing how to share and take turns.
- If your child has a friend with a different native language, help your child learn some words in their friend's language.
- Quickly give help if conflicts arise by putting into words/or showing what your child can do.

Children aged 16-36 months can....

- Start and participate in interaction with peers.
- Have fun when playing with others
- Participate in roleplay together with others.
- Want to be with children that he/she knows, be friends.

What you can try to do together with your child...

- Give your child time to play.
- Show interest in your child's play.
- Give your child access to toys that two or more can play with together.
- Talk to your child about their friends.



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I AM SOCIAL!

Children aged 9-18 months can...

- Laugh when others laugh.
- Notice similarities and differences between themselves and others.
- Take turns and wait for their turn in social games.

What you can try to do together with your child...

- Show how your child can cooperate in daily activities, e.g. wait for their turn in the checkout queue at the shop.
- Help your child recognise family members, friends, and their relationships and roles. (Dad is a teacher, mum is a bus driver etc.)
- Show your child how he/she can be kind to others.

Children aged 16-36 months can....

- Show happiness when they see familiar adults and children. Have a "friend" or someone they prefer to play with.
- Notice when someone they know is not there (e.g. "Where's Ane?")
- Notice when others are happy or sad and put their feeling into words (e.g. "Nils sad").
- Notice that what they like isn't always the same as what other persons like.
- Help with simple everyday tasks.

What you can try to do together with your child...

- Talk to your child about the groups that he/she is a part of, such as part of a family, part of a children's group in kindergarten, part of a neighborhood, etc.
- Encourage your child to participate in daily practical chores at home, e.g. setting the table, tidying up, cooking, etc.
- Give your child access to dress-up clothes to encourage roleplaying.

I NEED YOUR HELP WHEN I GET INTO TROUBLE! (PROBLEM SOLVING AND CONFLICT RESOLUTION)

Children aged 9-18 months can...

- Accept that adults take responsibility when arguments arise during play or about toys.
- Benefit from the support of adults in conflict situations.

What you can try to do together with your child...

- Be calm, clear and friendly when you set boundaries or stop your child's behaviour.
- Always use respectful language.
- Talk about how people resolve conflicts; put what your child can do instead into words, demonstrate and practice together when your child has calmed down.
- Deal with your child's emotions and assess the solution needed in the relevant situation.

Children aged 16-36 months can....

- Find it difficult to wait for their turn and share, e.g. toys with other kids.
- Give appropriate answers (for the most part) when other children express a wish, e.g. about playing together, reading books together.

What you can try to do together with your child...

- Affirm your child's positive behavior as often as possible.
- Prepare your child for what is going to happen.
- Put what you want your child to/be able to do into words.
- Read, tell stories, or give examples of simple conflicts and how they can be resolved.
- When your child has been in an argument with another child, talk to him/her after they have calmed down about what happened, the emotions they felt and how the conflict was resolved.
- Help your child understand other people's feelings and actions by describing these to your child.
- Talk to your child about rules, boundaries, choices and how to help others get along.
- With simple problem solving, try to direct your child's focus to something else.
- Set boundaries and be consistent in a friendly and confident way; stop aggressive behaviour and show or describe good alternatives so that your child knows what he/she can do instead: "It's okay that you're angry, but you're not allowed to hit! Stomp on the floor instead."



BEING WITH ADULTS (INTERACTING WITH ADULTS)

BEING WITH CHILDREN MY OWN AGE (INTERACTING WITH PEERS)

I AM SOCIAL! (SOCIAL BEHAVIOUR)

I NEED YOUR HELP WHEN I GET INTO TROUBLE!
(PROBLEM SOLVING AND CONFLICT RESOLUTION)



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unges psykiske helse**

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