

Dear Counselling Corner:

I am hoping you can give me some ideas on what I can do to support my child with friendships. My child has been expressing to me that they have no friends. I am feeling powerless in this situation. What can I do?

Sincerely,

Concerned Parent

Dear Concerned Parent:

This is a great question, and one which is shared by many parents. In the article "Children's Growing Friendships" in Psychology Today, Eileen Kennedy Moore, PhD, reviews psychologist Robert Selman's useful 5 level framework for understanding developmental trends in Children's friendships (Psychology Today, 2012). See:

<https://www.psychologytoday.com/ca/blog/growing-friendships/201202/childrens-growing-friendships>

Selman describes the following Levels.

Level 0 Momentary Playmates- "I Want it My Way" (ages 3-6)

Level 1 Friendship- One way Assistance: "What's in it for Me?" (ages 5-9)

Level 2 Friendship- Two Way, Fair Weather- Cooperation: "By the rules (ages 7-12)

Level 3 Friendship- Intimate, mutually shared Relationships: "Caring and Sharing (ages 8-15)

Level 4 Friendship-Mature Friendship: "Friends Through Thick and Thin" (ages 12 and up)

Here are some more ideas to support your child in making friends

[How to Help Your Child Make Friends \(parents.com\)](#)

[How Kids Make and Keep Friends \(verywellfamily.com\)](#)

[Helping Children Develop Friendships - Life Skills 4 Kids](#)

[Help kids make friends: 12 evidence-based tips \(parentingscience.com\)](#)

Listening to a story on friendship with your child is a great way to spend quality time together and to follow up with rich discussion on the topic of friendship. See the links below:

[📖 Kids Book Read Aloud: A Little SPOT Makes Friends: A Story About Friendship By Diane Alber - YouTube](#)

[Stick and Stone 📖 Beth Ferry \(Kids Book Read Aloud\) | Friendship | Miss Jill - YouTube](#)

[📖 Stick and Stone Best Friends Forever \(Read-Aloud books for children\) | Storytime - YouTube](#)

[📖 How do Dinosaurs Stay Friends \(Read Aloud\) | Storytime | Friendship | Miss Jill - YouTube](#)

[📖 READ ALOUD: How I made a friend By Daniel Georges - YouTube](#)

[📖 READ ALOUD: My Way to Making Friends By: Elizabeth Cole - YouTube](#)

[📖 Meesha Makes Friends - A Big Bright Feelings Book- Kids Book Read Aloud- Social Emotional Learning - YouTube](#)

[The Little Book Of Friendship: The Best Way to Make a Friend Is to Be a Friend | Read Aloud - YouTube](#)

[The Not-So-Friendly Friend: How To Set Boundaries for Healthy Friendships by Christina Furnival - YouTube](#)

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

Harriette Chang
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