

# Families Together

## Newsletter

Hope you have a great summer! Here are a few ideas that might be useful.



Derry City & Strabane Council  
Liamson  
Cherwell Drive &  
Cherwell on Strabane Side  
Derry City & Strabane  
Northern Ireland

### All activities £1

including Swimming,  
Squash, Table Tennis,  
Badminton 5-a-side  
(min charge £8)  
Basketball  
and many more!

July & August is...  
**£1 Summer!**

Find us on Facebook

[www.derrystrabane.com](http://www.derrystrabane.com)

# PYJAMA RAM

Join us in your jammies for a walk along the Quayside to raise awareness and support of local charity Parenting NI

**Saturday 30th July**

Sainsbury's Cafe, Strand Road  
L'derry 12:30pm

Refreshments will be provided  
after the walk

£10 per family of 4  
£3 per individual

Register in store at Sainsbury's Strand  
Road or email [lucy@parentingni.org](mailto:lucy@parentingni.org).  
Visit [www.parentingni.org](http://www.parentingni.org) for more info.



## Parenting NI

For any parent with any issue - free helpline and face-to-face counselling services are available from Parenting NI throughout the summer and beyond! Ring Freephone 08088010722 to talk to a trained counsellor.

### Download free App



# Families Together

Time for Children . Time for Parents . Time Together

For upcoming programmes for parents & children in Strabane check out [www.parentingni.org/parents/families-together/](http://www.parentingni.org/parents/families-together/)

## Top Tips for Parents!!

Free Resources on a wide range of parenting topics available from

[www.parentingni.org/resources/top-tips/](http://www.parentingni.org/resources/top-tips/)

# HELPING CHILDREN LEARN POSITIVE FRIENDSHIP SKILLS

Children's friendships are very important for their social & emotional development.

Through friendships children learn how to relate with others.



## SOCIAL SKILLS THAT PROMOTE POSITIVE FRIENDSHIPS

Starting conversations

Taking turns

Expressing feelings

Asking questions

Complimenting others

Accepting others

Apologising to others

Following rules of play

Refusing to join in

negative behaviour

Sharing

Listening

Playing fair

Helping others

Cooperating

Parents & carers have an important role to play in helping children develop friendships. They set examples for children to follow through the ways they manage relationships. Some of the things parents/carers can do to support children's friendship skills include:

PROVIDING CHILDREN WITH OPPORTUNITIES TO  
PLAY WITH PEERS

TEACH POSITIVE SOCIAL SKILLS

ENCOURAGE CHILDREN TO PRACTICE  
THESE SKILLS

HELP CHILDREN SOLVE FRIENDSHIP  
CONFLICTS

