

SOCIAL COMPETENCE



Composed of **social appropriateness** – Behaving and interacting according to societal norms; **Interpersonal Reciprocity** – healthy response to verbal and non-verbal communication free from verbal or physical fighting; **Adaption to Environment** – learning to modulate actions and words depending on the setting and company.

Role-Model

- Showcase healthy interactions (being polite, calm, even-tempered).
- Be aware of your own non-verbal communication especially in new situations.
- Share about yourself even if you're not asked by your Little.

Actively Listen

- Praise or thank your Little when in positive social interactions.
- Acknowledge new experiences can be uncomfortable. Ask questions about how a Little feels in new social situations.
- Clarify how your Little is feeling about social dynamics, even if he/she appears comfortable.

Provide Opportunities

- Introduce your Little to the important people in your life, showcase how you interact with your significant other, boss, friends and family.
- Introduce your Little to other kids his/her age in a safe venue (BBBS event is perfect). Practice social interactions together.
- Explore different communities and cultural experiences and create space to talk about what you and your Little learned.