

New Year, New Friends

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For Adults:

- Get involved in community activities
 - o Attend a book club, sports league, workout classes, game groups, parenting groups, activities at church or spiritual organizations, social cause groups, volunteer events, etc.
- Attend social events that align with your interests.
 - o It is easier to make connections with others and feel comfortable when you share common interests.
- Ways to overcome obstacles and strategies for making friends:
 - o Start with simple interactions and low-pressure activities with others.
 - o Have genuine interest in getting to know other people in the group.
 - o Attend social events with a few people you already know.
 - This can help you feel more comfortable and open to making new connections.
 - o Meet and get to know other parents through your kids' events/groups.

For Kids:

- Coordinate/arrange play dates for kids
- Teach kids, and demonstrate, the benefit of having friends
- Role play social situations at home or act out scenarios with toys or puppets
- Encourage kids to get involved in a variety activities
 - o This can help expand their social networks through different interest areas
- Help kids to practice making friends at a park or places that they go often
- When appropriate, encourage kids to say hi and smile to others
- Read books about making friends
- Practice social skills with familiar people first
- Teach/inform kids qualities that make a good friend
- Teach kids conflict resolution skills

Additional Resources:

- [How to Make Friends as an Adult | GoodRx](#)
- [How to Make Friends as an Adult | Danielle Moss](#)
- [6 Simple Ways to Help a Child That Struggles to Make Friends | ISPPC](#)
- [10 Ways to Help Kids Make Friends | Moments A Day](#)
- [Helping Kids Build Friendships | Kids Mental Health Foundation](#)
- The importance of social connection:
 - o [Connect to Thrive | Stanford](#)
 - o [Social Connections | Health & Human Services](#)