

# Friendships that Work: Questions and Tips for Parents



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Friendships That Work  
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1. Are your kids good listeners? Do your kids know that their close friends (like everyone else) value a good listener?

\*Encourage your kids to focus on the other person. Teach them to ask questions about people's stories so their friends will feel heard.

2. Can your kids stand up for themselves with their close friends? Can they do so in a way that is not demeaning or cruel? Do their friends respect your kids' opinions and choices?

\*Encourage your kids to talk to their friends about hard feelings. Have them do so in a way that focuses on the other person's behaviors WITHOUT name calling or put downs.

\*Encourage your kids to set limits with friends who are cruel or demeaning.

3. Can your kids take feedback from their close friends? Are your kids able to hear it and ask real questions about concerns their friends have?

\*Encourage your kids to ask questions to better understand what the other person doesn't like (or what their feedback is about).

\*Encourage your kids to think about feedback from their close friends, even if they don't agree with it.

4. Do your kids let their close friends know that they appreciate them?

\*Encourage your kids to find ways to let close friends know that they are grateful for their friendship.

5. When your kids are having problems, can they turn to their close friends? Do your kids trust their friends to be respectful and listen?

\*Encourage your kids to have a friend they can talk to—a friend they trust to keep their secrets.