

NAVIGATING OUR KIDS' FRIENDSHIPS:

Navigating tricky moments:

Here are some script ideas on things we may find necessary to say at these moments:

- **When our child wants to stop being friends with someone:**

"What moment did you realize you didn't want to be their friend any longer?", "Is this something you want to discuss with your friend?"

- **When someone else wants to stop being friends with our child:**

" I hear how painful this is. Would you like to discuss this with them?"

- **When our child doesn't get an invite to a party:**

This can be so painful. Sit with their pain. Let the moment pass. Ask them to share how they are feeling. If they'd like they can discuss this with the individual who didn't invite them as well.

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- **When our child doesn't want to invite one child out of their entire class:**

Get clear on your family values.

Share your thoughts with your kids.

Problem solve the situation. This can sound like this:

"In our family, when we invite an entire group of individuals, we must include everyone. What do you think about this?"

"I get it; you don't want them at your party.

What if we did assigned seatings and put them to sit far away from you?"

"We don't have to play with individuals we don't want to, AND it's important to respect everyone."

NAVIGATING OUR KIDS' FRIENDSHIPS:

Navigating tricky moments:

- **When our child is being ignored by their friend:**

"Oh, did you hear (our child's name) calling you?"

If they continue to ignore them:

"Seems like they don't want to talk right now. I wish they'd say that to you."

- **When our child is ignoring their friend:**

"Oh, did you hear (friend's name) is calling you?"

If they continue to ignore them:

"Seems like they don't want to talk right now; that's okay. You can say that you do not want to talk right now."