

# FOSTERING SIBLING & PEER RELATIONSHIPS:

## Building Stronger, Meaningful Connections

Relationships can be tricky and involve a lot of different skills. Things like knowing what someone means by their face or tone of voice, understanding if something is a joke, or talking to a friend about something you may not be interested in are all part of getting along with others.

It may seem like your child doesn't care about relationships because there isn't that much interest in interacting with others. Or maybe your child has too much interest in others, making for some uncomfortable situations.

The good news? It's not because they don't care—they just need help learning how to connect with people. With support, your child can make friends and have good, meaningful relationships too.

### Start with what **they enjoy!**

- Make a simple list of activities each child loves. Then, look for anything they have in common.
- Even one shared interest—like jumping on the trampoline—can be a great place to start building positive moments together. When kids have fun doing something they both like, it's easier for their relationship to grow.

### Does your child need a little extra support to enjoy some types of **games or toys?**

- All kids play differently, and that's okay! With a few small changes, you can help your child join in and have fun—just in a way that works best for them.
- For example, if the group is playing with slime and your child doesn't like how it feels, try offering sand, playdough, or another option with a texture they prefer. That way, they can still be part of the fun in a way that's comfortable for them.

### Take it one step **at a time.**

- Be patient and keep a positive mindset. Even small, happy moments between your children can lead to stronger bonds over time.
- Start slow, celebrate the little wins, and know that every step forward counts.

