

Helping your child reconnect and reengage after a difficult time

After a tough time, your child may need help reconnecting with their friends and community. This can be especially difficult if your child hasn't seen their friends or social "circle" in a while.

Here are tips to help them reconnect:

- ➔ Ask how they're feeling: This can help them learn how to express themselves.
- ➔ Be ready to provide extra support: Be patient with your child and be willing to be a safe space for them.
- ➔ Help your child build self-esteem: Practice a few easy conversation openers with your child to help them build confidence.
- ➔ Get them active: Trying a new hobby or community activity, such as sports or gardening, is a great way to build relationships.
- ➔ Identify trusted people: Connect them with friends who have their best interests in mind.
- ➔ Help them manage their expectations of others: Explain to them that change often takes time.
- ➔ Talk about your experiences and emotions: This can help normalize feelings that your child may have.
- ➔ Make a plan: There is no perfect time to reach out, but brainstorming ways to reconnect can be beneficial.



Sources: University of California, Harvard University, PBS, KidsHealth