



# Welcome to 'Harbucks' Virtual Coffee House

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**Helping Children Make Friends  
During COVID-19  
February 26, 2021**



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# Helping Children Make Friends During COVID-19

- COVID-19 has affected friendships
- Mask-wearing, physical distancing
- Making friends takes different forms
- Parental worries: socializing is good for a child's well-being
- And we want our kids to be happy...



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# Helping Children Make Friends During COVID-19

- How to make friends during the pandemic?
- Friends: Social/emotional “adjustment”
- U of Fla. research socializing → wellness
  - <https://www.frontierdistrict.k-state.edu/family/child-development/docs/school-age/ImportanceFriendship.pdf>
- Friendships teach cooperation, imagination, active listening, empathy, sharing...
- Help your child become a good friend and be reassuring





# Helping Children Make Friends During “Normal Times”

- How we help our children make friends
- The University of Florida research: (1991)
  - Not inborn skill - social behavior is taught
  - Parents play an active role in teaching children how to interact with peers
  - How to: develop loving, accepting, respectful relationships
    - This helps develop trust and confidence
    - Foundation for developing friendships





# Helping Children Make Friends During “Normal Times”

- **The Approach - Two Tips:**
  - **Teach social skills through modeling:**
    - Show how to win, lose well
    - Apologize, accept an apology
    - Be loyal, keep commitments you make
    - Be considerate
    - Be responsible and patient
    - Show appreciation
    - Show gratitude
  - **Maintain a warm relationship and be a good role model - creates the friendship foundation**





# Helping Children Make Friends During “Normal Times”

- **The Essentials:**
  - Spend time with other children
  - Help them learn games and sports
  - Set clear rules for appropriate behavior
  - Teach child how to handle social situations
    - World knowledge/parenting style/”T”
  - Talk to your child
  - Help child learn to see other points of view
  - Help child manage negative feelings
  - Help child solve problems





# Helping Children Make Friends During COVID-19

- **Social isolation and education K-8 U.S.**

## **Schools:**

- $\frac{1}{3}$  remote learning
- $\frac{1}{3}$  hybrid learning
- **On-campus learning - still isolating**
- **Wearing masks, physical distancing: hard to make friends**



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# Helping Children Make Friends During COVID-19

- **The CDC: the safest kinds of gatherings are:**
  - **While wearing masks**
  - **Outside also with masks**
  - **While social distancing**
  - **Not sharing items, tools, supplies**
  - **Gatherings with limited numbers of people**
  - **Virtual**







# Helping Children Make Friends During COVID-19: TIPS

- **Virtual playdates**
  - **A chat**
  - **Coloring**
  - **Bullet journaling, mandalas**
  - **A craft - for older kids too**
  - **Online painting with Bob Ross**
  - **Being able to move around**





# Helping Children Make Friends During COVID-19: TIPS

- **Live movie streaming through Netflix**
  - **pop popcorn, make comments via chat**



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# Helping Children Make Friends During COVID-19: TIPS

- **Live gaming**
  - **With friends**
  - **Safe games**
  - **<https://www.verywellfamily.com/best-video-games-for-kids-4705411>**



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# Helping Children Make Friends During COVID-19: TIPS

- An outdoor socially distanced activity
  - Scavenger hunt
  - Dancing
  - Going for a walk
  - Riding bikes



"The best thing to spend on your children is time." ~ Arnold Glasow



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# Helping Children Make Friends During COVID-19: TIPS

- Having a pen pal - mailing packages and letters to each other



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# Helping Children Make Friends During COVID-19: TIPS

- An online activity such as **Outschool**
  - Can be very specific activities or open-ended socialization activities
  - <https://www.verywellfamily.com/best-online-cooking-classes-for-kids-5094578>



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# Helping Children Make Friends During COVID-19: TIPS

- An online experience
  - Virtual Field Trips
    - <https://www.verywellfamily.com/13-virtual-field-trips-your-kids-can-take-during-covid-19-5096021>



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# Helping Children Make Friends During COVID-19: TIPS

- **Family Game Night**
  - <https://www.drawasaurus.org/>
  - <https://playingcards.io/>
  - <https://cardgames.io/cribbage/>



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# Helping Children Make Friends During COVID-19: TIPS

- A good resource:
  - How to avoid loneliness during the pandemic:  
<https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>





# Helping Children Make Friends During COVID-19

- A good resource:
  - Helping teens take a break from screens
  - [https://greatergood.berkeley.edu/article/item/three\\_risks\\_of\\_too\\_much\\_screen\\_time\\_for\\_teenagers](https://greatergood.berkeley.edu/article/item/three_risks_of_too_much_screen_time_for_teenagers)





# 'Harbucks' Virtual Coffee House

**THANK YOU  
FOR JOINING US!**



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## Questions & Discussion



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