

Dear Families/Caregivers,

Building a support system is important for getting one's needs met and living a happy and healthy life. Having a strong support system is associated with many positive outcomes, including decreased anxiety and increased positive mood.

As your child gets older, his or her support system will extend beyond family members. In this lesson, your child learned strategies for turning to friends for support, and how to be a supportive friend. The students learned these strategies for being a good friend when your friend needs support:

Strategy 1: Be a Friend

Be there for your friends when they are upset. You don't have to do anything but say, *I care about you and I'm here for you.*

Strategy 2: Understand

Ask questions to understand what your friend needs, and then listen without interrupting.

Strategy 3: Decide How to Help

Ask your friend, *What can I do to help?* Then listen and do what you can. There may be some things you can't do, and that's okay!

Helping your child use these strategies daily will help him or her to become a better friend!

Sincerely,

Your Child's Teacher