

GETS ALONG WITH OTHERS

What is the quality “Gets Along with Others”?

When children get along with others they demonstrate the ability to form positive and healthy relationships with peers and adults. Children can learn the skills needed to develop and maintain successful relationships as they interact, play and negotiate with others.

What does getting along with others look like?

A child who gets along with others plays and works cooperatively with a variety of children; demonstrates respect for other children, adults and property; is able to express their feelings and communicate their needs; invites bystanders to join in play; and accepts responsibility for their actions.

Foundationally, the groundwork for healthy peer relationships begins in infancy with the first critical relationship - with the parent or caregiver(s) and then continues throughout childhood and adolescence as they develop increasingly complex social interactions in various environments. With peer relationships, there is no “best” social style. A child or youth may be an outgoing person with a wide circle of friends or may be quieter and prefer one or two friends; both styles are healthy and demonstrate strong skills to “get along with others.”

What does it look like when this quality is diminished?

Children who have difficulty getting along with others may get into fights frequently, become aggressive during play, have few friends or peers who want to play with them, and refuse to cooperate when a teacher or parent gives instructions. Children who have difficulty making and keeping friends experience more loneliness, depression and have difficulty engaging in school.

Why is it useful/helpful to have this quality?

Children’s early peer relationships are one of most important indicators of later psycho-social adjustment. Having friendships and positive social connections allow children to practice a range of skills and develop social behaviours, emotional awareness and an understanding of our inter-connectedness. Children with the ability to get along with others tend to do better in school, feel better about themselves, and are happier throughout life.



Getting along with others is the ability to form positive and healthy relationships with peers and adults. Children with better abilities to regulate their emotions and behaviours have more friends and experience more positive playtime with their peers.



8 ACTIONS THAT PROMOTE GETTING ALONG WITH OTHERS

<p>Communicate Foster positive communication skills, both verbal and body language.</p>	<p>The ability to communicate with language and gestures contributes to developing relationship-building skills. Encourage children to find the words to say what they want, the description of how they feel, and the questions to help them understand.</p>
<p>Solve Apply problem-solving strategies.</p>	<p>Teach children step-by-step strategies to approach conflict or deal with misunderstandings. Knowing strategies to apply helps children to control emotional outbursts and empowers them to deal with something or someone who is challenging.</p>
<p>Play Use physical games that help children practice the many social skills required in relationships.</p>	<p>Play social games (e.g. Follow the Leader, Charades, Red Light-Green Light), build things together (e.g. forts and blocks), and participate in team sports, dance, martial arts and yoga.</p>
<p>Read and Watch Learn about relationships from books and movies.</p>	<p>Children’s books and movies provide a glimpse into both healthy and unhealthy relationships. Talk about and learn from fictional situations.</p>
<p>Believe Promote your trust in your child and maintain positive expectations.</p>	<p>Be ok with mistakes that your children make and, at the same time, maintain positive expectations for their behaviour. Provide all the necessary supports for children and youth to meet those expectations in relationships at home, in school and in the community.</p>
<p>Attach Build strong, secure relationships between adults and children by expressing emotions openly and authentically.</p>	<p>Strong relationships take time and require ongoing attention. Talk openly about feelings – both your own and your child’s. Listen to them without judgment or trying to solve their problems.</p>
<p>Play Play with new and old friends.</p>	<p>Cooperative play requires the integration of many social skills such as taking turns, negotiating, imitating others, reacting positively to others, and seeing different points of view.</p>
<p>Display Add visuals to the environment that promote positive relationships.</p>	<p>Display items and images that symbolize or represent getting along with others. Common examples are photos of people together, positive words and quotes, and books available to read.</p>

