

# Social Skills Training

## Caregiver Handout



Your student is participating in social skills training at school.

## What is Social Skills Training?

- Students learn skills such as taking turns, joining group activities, solving problems with others, and sharing feelings in a respectful way.
- Each skill is taught using step-by-step instructions and demonstrations. Students build skills with repeated practice and feedback from teachers.
- Students are encouraged to practice the skills in real-life situations during the school day and/or at home.
- Teachers offer positive and corrective feedback to guide student skills development.

### SOCIAL SKILLS TRAINING CAN HELP YOUR STUDENT:

Communicate more clearly  
and confidently

Manage conflict in a  
respectful way

Make and keep friends

Feel more successful  
in school



## Your Role as a Caregiver

Caregivers play an important role in helping students learn and use social skills. What your student learns at school becomes even more helpful when you practice it at home. Here are some ways you can support your student:

- **Communicate with the school.** Stay in touch with your student's support team to understand what skills they're focusing on and share what you're seeing at home.
- **Model the skills in daily life.** Students watch and learn from their caregivers. Demonstrating respectful communication, patience, and empathy in your interactions helps them understand what these skills look like in real life.
- **Practice together during everyday activities.** Students benefit from repeated practice and reinforcement. Use simple moments like setting the table, playing a game, or talking about a book, to practice the skills they have been learning.
- **Talk about feelings and choices.** Encourage your student to reflect on their social interactions by asking questions like *"How did that make you feel?"* or *"What could you try next time?"*
- **Encourage your student's efforts.** Look for times when your student uses a social skill and give clear encouragement. For example: *"I really like how you said sorry when you knocked over your brother's lemonade."*