

Dear parents,

While your child may be learning their ABCs and numbers at school, school has some difficulty in teaching without your help the soft skills, especially communication and emotional intelligence. Soft skills are vital to your child's personal and emotional lives too! Of course, soft skills can't be taught like ABC or math's because they are supposed to be more like personal traits than skills.

Unequivocally though, there are many things you can do to encourage your child to develop or learn soft skills on their own. Below, you will find a useful guide with some tips.

1. Spend time without screens.
Instead of letting them have unlimited time to watch TV or play games allow your children some exposure to real life, interacting with others or spending "quiet time" playing by themselves. In that way they will develop better emotional self – awareness.
2. Play "make believe".
Let or encourage your child to play different roles alone or with peers. Imaginative play will help them develop better soft skills.
3. Listen to your child.
Really listen to your child as they tell a story, talk about their ideas or try to express a feeling. Through practice and affirmative action they will develop great soft skills.
4. Encourage your children and offer them the opportunity to use toys and educational games. That kind of play will then translate to improved communication with others.
5. Demonstrate social skills.
You are the best model for your children. By telling "always to someone" please" and "thank you" you teach them to do the same.
6. Acknowledge when they're on time.
Getting up on time in the morning, getting ready and go to school on time are things to be praised. In that way your children will obtain a better time management.
7. Talk about scenarios in TV shows and movies.
Don't sit pathetically in front of a screen with your children. Encourage them to talk about their favourite hero, scene or ask them to comment on a difficult situation that appears on a movie. In that way critical thinking is built.
8. Encourage your children take part in theatrical performances organized by school as in that way they will have their first opportunities for public speaking and presentation.



9. Get your children to play or work with other kids.

Open your house to children that want to work as a team/group for a school activity, do a construction or complete a puzzle.

Teamwork requires them to share ideas and contribute to providing solutions. That will help and promote their socialization.

10. Let them make mistakes.

Inform them that it's OK to make mistakes or ask others for help in times of trouble. Learning to manage and regulate emotions is an ongoing process to build resilience.



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