



# Let's Be Friends: A Workbook to Help Kids Learn Social Skills and Make Great Friends

*Lawrence Shapiro PhD*

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Building positive friendships is a critical part of a child's development. When adults look back on their childhoods, they rate their friendships as one of the most important factors in their happiness.

But researchers report that half of children have difficulty making and keeping friends. These problems predispose them to lifelong relationship challenges. What's more, parents report that they rarely know what to do to help their children make friends. Social problems in childhood may lead to more serious problems in adolescence and adulthood, so it's wise to help your child with these skills now.

The activities in this book offer you effective tools for helping your child become a better friend-maker. The activities in **Let's Be Friends** teach kids a wide variety of social skills including the making and keeping of new friends, finding friends with common interests, ways of coping with rejection, and tips for developing give and take in relationships. With practice, the skills in this book can help youngsters locate support during transitions, build self-esteem, and develop into healthy, resilient adults.

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