



“Childhood friends are the benchmark of our lives, no matter where we go, what we do. They will always come by and take you to the place where you belong.” — Burhan Din Wani

There are many benefits to making and maintaining friendships

Friendships help to support a child’s emotional and social development and teaches them how to be empathic and considerate towards others.

Research tells us that having friends boosts happiness, wellbeing and self-confidence, and promotes a positive outlook on life.

Having friends lessens stress and helps to develop and improve communication skills.

Positive friendships can help encourage good behaviour



Supporting Children to Develop Friendships

For a lot of children, the pandemic disrupted the way that they would ordinarily share the experience of playing with other children outside of their own home. While some will still find it easy to make friends naturally, for others making and keeping friends will be more of a challenge.



Parents play a crucial role in their child’s social and emotional development. Building a warm, accepting, and loving relationship with your child provides a firm foundation on which they can grow into self-assured and curious learners who have the confidence to build relationships with others as they go through life. You can support your child to develop and maintain childhood friendships in these additional ways:

How do you know if your child is a good friend?

DO THEY..

- 1 INVITE OTHERS TO PLAY?
- 2 SHARE THEIR TOYS AND GAMES?
- 3 MAKE OTHERS LAUGH WHEN THEY ARE SAD?
- 4 CARE FOR OTHERS WHEN THEY ARE UPSET OR SAD?
- 5 LET OTHERS KNOW IF THINGS THEY ARE DOING ARE UNSAFE?



SeeMore’s Tips for Parents

- Provide your child with opportunities to spend time with other children
- Talk with your child
- Help your child learn games and sports
- Help your child to learn to see others’ points of view
- Set clear rules for appropriate behaviour
- Help your child learn to manage negative feelings and solve problems
- Teach your child how to handle different social situations



Autumn is a beautiful time of year with its colourful trees and chillier mornings, but it also presents new dangers to children and parents with shorter days and lower temperatures.

Stay safe this Autumn by practicing these safety tips:

Dress Children in Bright-Coloured Clothing

Although days are getting shorter, kids still like to play outside when the temperature allows. Be especially cautious with young children as they are still learning traffic safety and may not be aware of the increased danger of darker evenings. Dress children in bright-coloured clothing or apply reflective tape to clothing so drivers can easily spot them.



Stay Alert Around Moving Vehicles

Hold your child's hand when entering or exiting a car park and teach children to move away from a vehicle when they hear it turn on. Drivers backing out of parking spaces and driveways will have a harder time spotting young children when it's dark outside, especially if children are in a vehicle's blind spot.



Take Care in the Garden.

Kids may want to help rake leaves, so it's important to keep sharp, dangerous tools stored away and out of sight of children. Be aware that wet leaves can pose a slip-and-fall danger for children, so make sure to brush away any wet leaves from areas where they play. Leaves can also carry various moulds, bugs, and spiders, so monitor children when they play in leaf piles.



Be careful around hot food and drinks

Avoid burns by always checking the temperature of drinks and foods, such as noodles and soup, before serving them to children. Most burns come from children tipping hot things onto themselves, tripping while carrying something hot or spilling hot food or drinks while eating.



Check electric blankets and heaters

Before using electric blankets that have been stored away for the summer months, remember to carry out a few safety checks:

- Do not use an electric blanket with a double adapter.
- Always turn the blanket off before you get into bed.
- Make sure the blanket is flat on the bed and not folded or creased.
- Before using a new blanket, or if the blanket has been in storage, lay it out and allow it to heat up fully. Check the entire blanket for hot spots to ensure it is not overheating in any area.

When using a portable electric heater, check out these tips and recommendations:

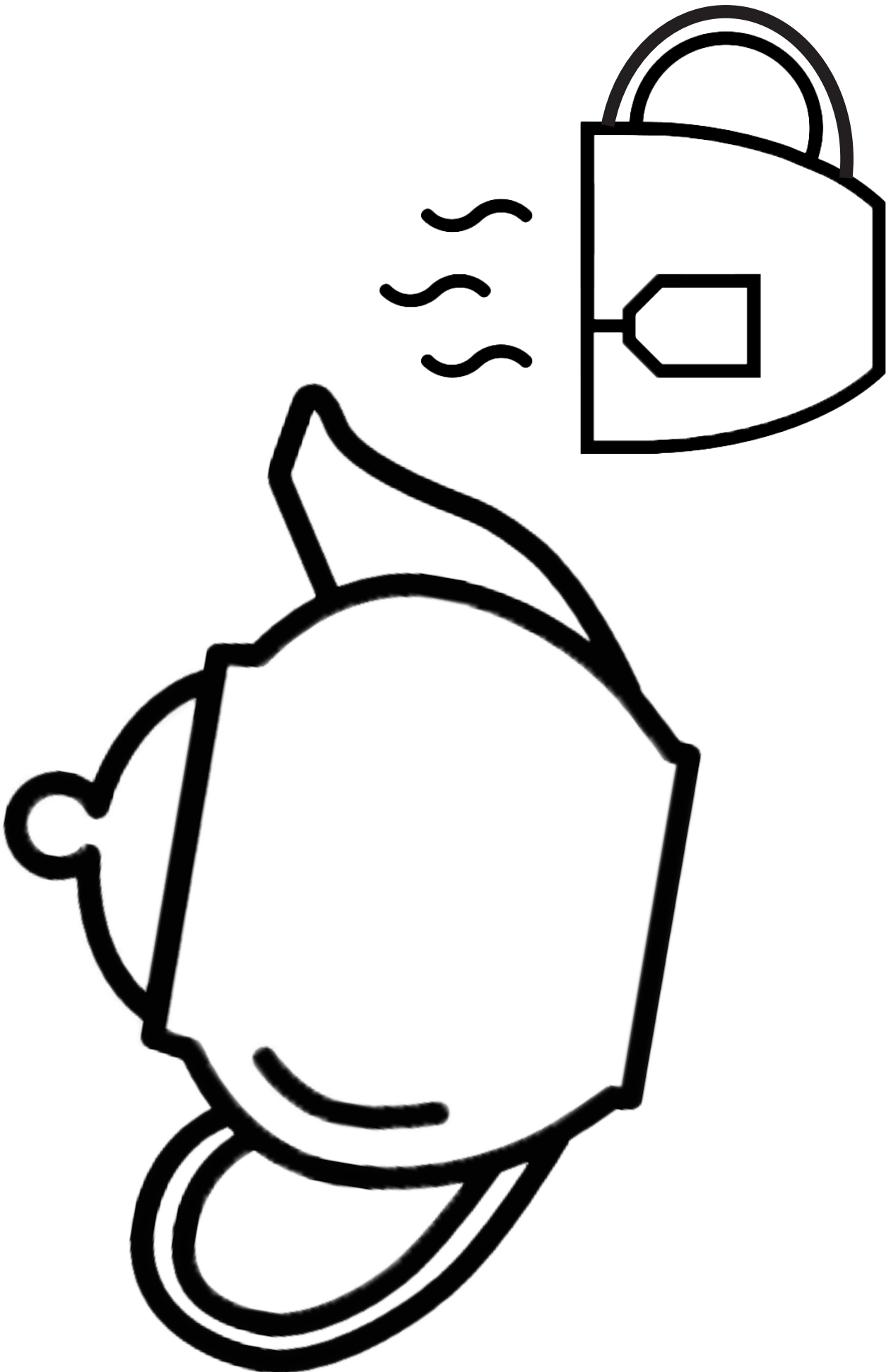
- Never have a heater closer than 1 metre away from anything that can burn, including people.
- Where possible, use a heater with a thermostat and overheat protection.
- Never power a heater using an extension cable.
- Be careful not to place a heater where it may create a trip hazard or block a passageway.



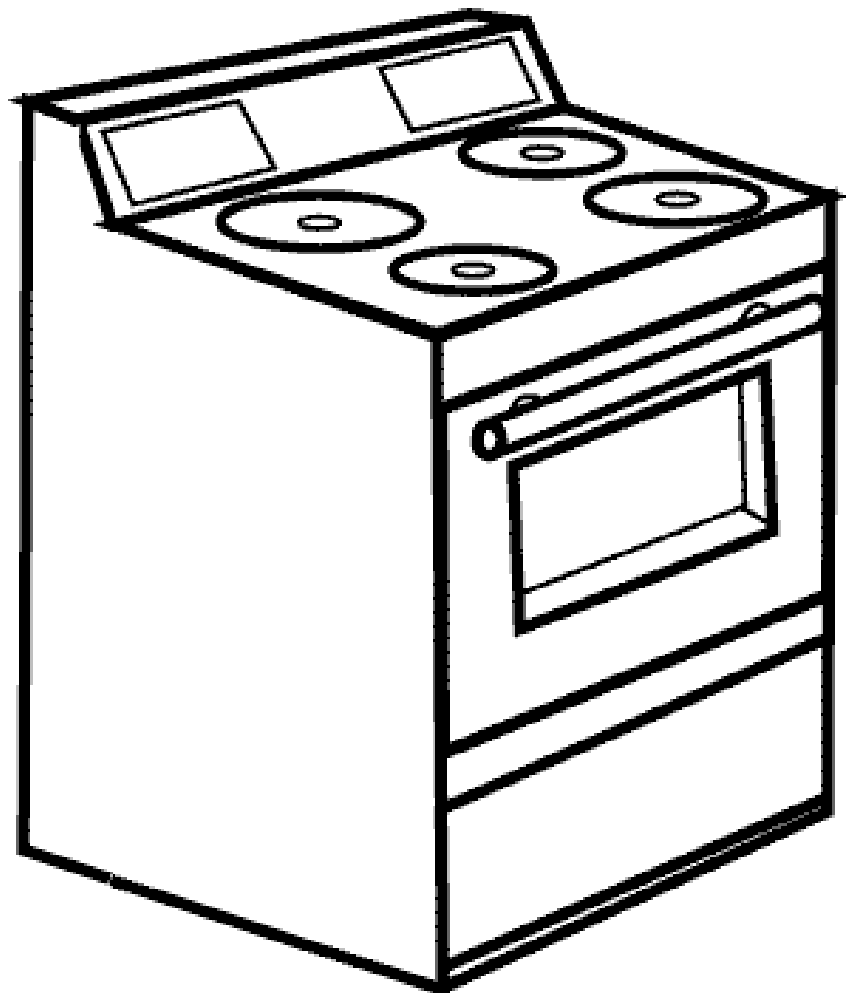
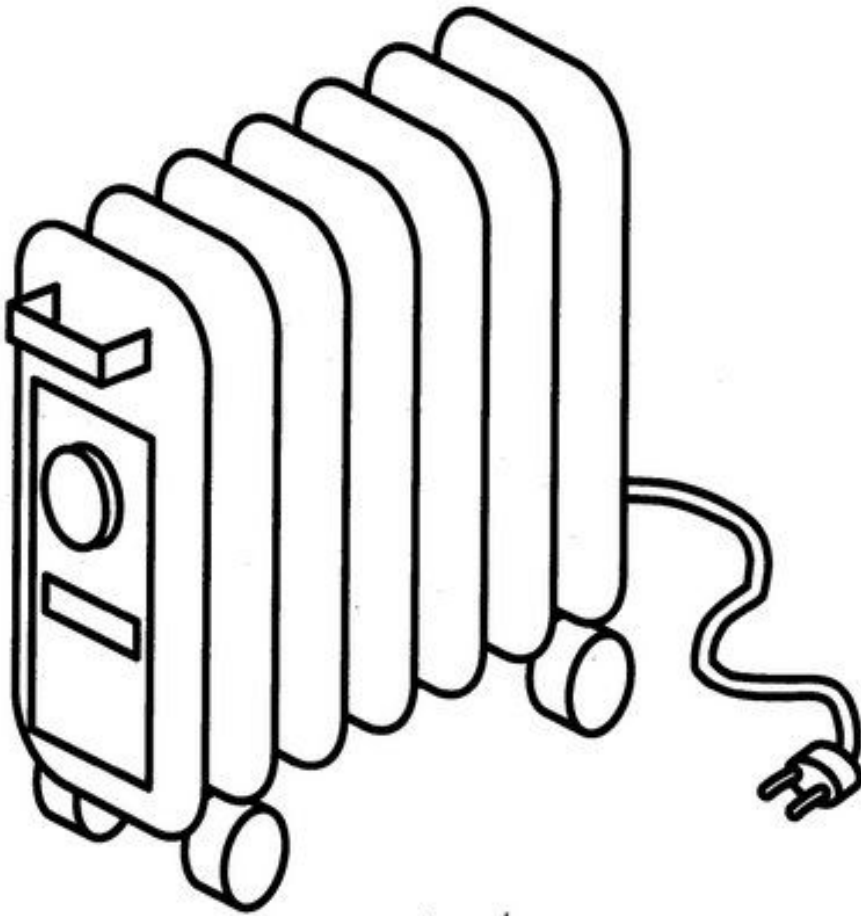
Colour in SeeMore and friends.



HOT DRINKS



HEATERS AND STOVES



SEEMORE'S SPOT THE DIFFERENCE



Spot the difference. Find ten differences in the pictures. Mark them with a cross and then colour in the pictures.

Can you find three SeeMore's hiding in the top picture?

