



Helping Children and Adolescents Succeed Socially!

The Social Skills Groups

Social Skills Groups are held at:
The Social Skills Place, Inc.
464 Central Avenue Suite 6
Northfield, Illinois 60093

Date and times:

Elementary School

Monday's 4:30PM-5:30PM
Thursday's 4:30PM-5:30PM

Middle School/Jr.High

Wednesday's 5:30PM-6:30PM

High School Group

Tuesday's 5:30PM-6:30PM

Parent Group

Wednesday's 1:00PM-2:30PM
Wednesday's 7:00PM-8:30PM

Founder:

Susan Stern, MSW, LCSW

Telephone:

(847)446-7430

Visit us at:

www.socialskillsplace.com

Please Note:

We begin new groups as soon as we have enough children or adolescents to form a new group.

Dates and times of the groups are flexible.

Spread APPRECIATION this holiday season

Appreciation is a powerful tool.

When we appreciate in our lives, we attract and allow more of the good things to come into them. Focusing on the love that you give to the world will bring more love into your life.

Appreciating your good health, your home and your family will attract and allow more of these things. Appreciate your children, and in turn they will appreciate you. They turn to us for guidance, so remember, that which you think and feel will manifest in your life. We are our children's teachers so we must be thoughtful about our people skills, our thoughts and our behaviors.

Teach your children and model good manners this holiday season.

Prior to attending a holiday gathering:

- o **Set expectations** with your child. Tell them: **Where** you are going, **what** is going to happen, **who** is going to be there, **how** many people will be there, and **how** long you will stay.
- o **Again, prior to the holiday gathering set** expectations of what you expect of your child. Be specific about the types of behavior you will expect. When they present any little positive performance notice the behavior and praise them, and acknowledge their efforts. "I notice that you are cooperating with your sister and brother." You will see how this will produce more positive behaviors in them.
- o Keep in mind that your child does not wish to be embarrassed any more than you would, so try to help correct an unacceptable behavior in a private place and time.
- o **After the holiday occasion** talk openly and share in conversation with your child. Review how your child did at the gathering. Discuss what went well and perhaps how next time you can all improve. Be specific.

- **Emphasize the positive.** You do not want your child to dislike the holiday occasions due to hearing from their parents how they messed up in the area of social skills or behaviors. Guide them gently with reassurance. They want to do well and be successful.
- **Model good social manners and skills.** Children observe and learn from parent's people skills and manners. No kidding. They will model you and not necessarily listen to you preach.

And remember,
"The more you praise and celebrate your life, the more there is in life to celebrate."

Oprah Winfrey

Have a healthy and Happy Thanksgiving Holiday.

Susan Stern, LCSW is the founder of The Social Skills Place, Inc.

