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SOCIAL SKILLS

How to identify what social skills parents lack and
How to improve them

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Social skills for parents:

Studies* show that the most important skills to learn in the early years are social: *cooperation, self-control, confidence, independence, curiosity, empathy and communication.*

* <http://www.scholastic.com/parents/resources/article/social-emotional-skills/why-social-skills-are-key-to-learning>



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What are the basic social skills: The Four Cs

Confidence

Cooperation

Curiosity

Communication



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How to assess and identify parental social skills:

1. Questionnaires and tests

(Epstein <http://myparentingskills.com/> short tests 5 – 10 q.)

2. Focus groups

(2-3 focus groups with parents of different social environments, ages, social status, number of children)

3. Direct observation

(birthday parties, parks, children playgrounds, etc.)



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How to improve the identified lacking social skills of parents

1. Working with specialists: parenting courses, workshops, short interventions
2. Self improvement: self information, reading parenting books, sharing experiences with other parents.
3. The app could send messages and information about parenting issues.
4. Guide for adult educators so they can helps the parents.



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Thank you very much for your attention