




Create opportunities for your child to spend a little one-on-one time with an easy-going child.




Around new children, make sure your child has a safe space they can retreat to for a few minutes of quiet alone time.



Put your child's feelings into words for them.




If your child is older, play-act social situations together, like borrowing, or asking simple questions. If your child doesn't want to play-act, instead use toys to act out some easy back-and-forth.




Discuss inspiring story books or videos that show children (or animals!) overcoming their social fears by connecting with others or making friends.

Work up to more challenging situations, like winning and losing. Coach your child on how to stand up for themselves and say when they don't like how they are being treated.



Help reduce the unknowns of a situation by explaining out loud what will happen. Using pictures, symbols or storybooks may be helpful for children with communication or developmental issues. Avoid hovering or being overprotective, which can suggest that there is something to be afraid of. Instead, be calm and show that you have confidence in your child's ability to be in a situation.



If your child is old enough to play with others, encourage them to take a brave step like asking another child if they want to play with something together. Providing a new or fun activity can help with motivation.