



# Wee Learn



## Wee Builders(3 - 4 years): Encouraging Your Shy Child to Socialize

Does your child like preschool and learning, but they're still very quiet and seems to have a hard time making friends?

### **How Parents Can Help a Child Who Doesn't Naturally Socialize?**

Shyness is actually very common in the preschool years and is often a behavior that your little one will outgrow as she becomes more comfortable in her own skin. There are things you can do to build their self-esteem and encourage him/her to let that bubbly personality that you know, and love shine through. Here's how.

#### **Role Play**

Put that wonderful preschool imagination to good use by acting out common scenarios that your little one may encounter on a regular basis. You can use dolls or puppets or just be yourselves. Have your child imagine that she (or her doll) is walking into a classroom, what does she do? What does she say? Then switch roles. You play the role of the shy child and let your little one be the groupup.

#### **Share Your Own Shyness**

Chances are you've had a time in your life where you were feeling a bit bashful yourself. Tell your child about it.

#### **Ask Why**

There could be a reason why your child acts one way at home and another in front of others, and while they may have trouble expressing themselves, with some exploratory questions you may be able to get to the root of the problem.

#### **Prepare, Prepare, Prepare**

You are going to know ahead of time if your child is facing a situation where they may feel uncomfortable. That morning, talk to your child about where you are going, who is going to be there and what is going to happen. Having a game plan in place may help your little one to feel more comfortable.

#### **Help Her Make Friends**

Making friends doesn't come naturally to everyone, and for preschoolers, for whom this is a completely new activity, it can be a challenge. Start off slowly, introducing your child to someone their age, and if they seem comfortable together and your child is warming up well, invite the other child over for a playdate.

#### **Don't Call Him Shy**

While it's OK if your child acts shy, you don't want to label it as such because the more you talk about it and give it a name, your child may perceive that there is something wrong with them. The preschool years are ones where your child is experiencing growth of all kinds on many different levels — physical, emotional, behavioral and social.

As with many developmental issues at this age, time, love and patience work wonders.

Sources: <https://bit.ly/2PibfXI>

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