

# Helping Your Child Make Friends and Supporting their Social Development

## Community Resources:

- **CanLearn Society:** Friends Social Skills/ Calm Kids Happy Families - <https://www.canlearnsociety.ca/adhd-learning-disabilities/services/for-schools/>
- **Grow with Trellis Virtual Programs** - <https://www.growwithtrellis.ca/for-children/virtual-programs>
- **Foothills Academy** - <https://www.foothillsacademy.org/community-services/amicus>
- **Calgary Library** - <https://calgarylibrary.ca/events-and-programs/kids/>
- **City of Calgary** - <https://www.calgary.ca/csps/free-activities.html?redirect=/free>

## Websites

- <https://www.socialthinking.com/free-stuff>
- Article: 7 ways to help your child make friends - <http://www.additudemag.com/adhd/article/924.html>
- <https://betweenfriends.ab.ca/>
- <https://carolgraysocialstories.com/>

## Books:

- Self-Regulation and Mindfulness: Over 82 Exercises & Worksheets for Sensory Processing Disorder, ADHD & Autism Spectrum Disorder By Varleisha Gibbs
- 2, 4, 6, 8 This Is How We Regulate: 75 Play Therapy Activities to Increase Mindfulness in Children By Tracy Turner-Bumberry
- Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger By Janine Halloran
- How to Be a Superhero Called Self-Control! Superpowers to Help Younger Children to Regulate Their Emotions and Senses by Lauren Brukner (Ages 4-7)
- Rulers of the Playground by Joseph Kuefler
- Duck! Rabbit! by Amy Krouse Rosenthal and Tom Lichtenheld - <https://www.youtube.com/watch?v=36AqMX5uua4>

## Applications:

- Smiling Mind (iOS; Andriod)
- How Would You Feel If... (iOS; Android)
- Social Quest (iOS)
- Model Me Going Places (iOS)
- Let's Be Social PRO (iOS)
- Headspace for Kids (iOS; Andriod)

## Online Board Games:

- Code Names - <https://codenames.game/>
- Battleship - <https://papergames.io/en/battleship>
- Memory - <https://pairs.one/en/games/new>
- Monopoly (\$) - <https://apps.apple.com/us/app/monopoly/id1477966166>
- Risk - <https://apps.apple.com/us/app/risk-global-domination/id1051334048>
- Clue (IOS \$) - <https://apps.apple.com/us/app/clue-the-classic-mystery-game/id1150534552>