

The Ultimate Guide To:

# Making Friends

NEW

Discover the Proven  
Strategies to Help Your  
3-9 Year Old



**FREE GUIDE**

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# WELCOME

**Congratulations, by downloading this FREE Guide you are one step closer to helping your child have as many friends as they could ever want! YAY!!**



What happens when we discover that our child doesn't have friends or struggles to make the 'right' friends?

As parents, we may experience a wide range of emotions such as worry, concern, and guilt. Making friends in early childhood offers many advantages that contribute to a child's overall development.

When our children have friends, it positively impacts their social, emotional, intellectual, and physical development. It lays the groundwork for future social interactions, resilience, and a sense of connectedness, contributing to their overall well-being and success in life.

**Character & Leadership Development Coaches**  
Founders of 'Karam's Little Leaders with Black Belt Bruce'

Hi, we are Audra and Matt Karam, proud parents of four children and the founders of **Karam's Little Leaders with Black Belt Bruce**.

For more than 20 years, we have been helping children just like yours, gain important Character and Leadership Skills like 'Making Friends' in our Family Martial Arts School. (largest school East of the Mississippi)

We have helped over 1,000 children to be more successful in everything they do while experiencing remarkable improvements in their Behavior & Attitude.

Best part is... you no longer need to be a student at Karam's to participate in this Award-Winning program because we have extended it to families, just like yours, online.

Rest assured, there is no kicking or punching involved.

And more amazing yet... it takes as little as 10 minutes per week!

*Congrats!*

**Your child's 'Making Friends' journey starts with this FREE Guide. Let's get started.....**

# **What Is Your Child's Super Power To Make Friends?**





# ANSWER

## \* SMILE \*

Yep, the Easiest, and most Effective way to start helping your Child Make Friends is a

SMILE!



To help your children get a super-fast-edge on Making Friends, teach them to smile!

It is simple and easy to do.

A smile is the one of the most powerful expressions on earth!  
It is an expression of connection and positivity. When we smile at others  
they feel more comfortable engaging with us.  
Smiling makes your child more approachable and easier to talk to.

**“Wear a Smile and have Friends;  
wear a scowl and have wrinkles.” - George Eliot**

### **THE FACTS:**

Research has shown that a person's smile has a positive impact on social interactions and perceptions. Smiling is associated with increased likability, attractiveness, and perceived trustworthiness. It can enhance positive emotions, reduce stress, and improve overall well-being. Smiles are contagious, leading to increased social engagement and rapport.

The act of smiling can have a powerful effect on both the person smiling and those around them, contributing to positive social connections and enhancing overall social experiences. When you smile upon entering a room it shows that you are approachable and available - this is key to helping our children make friends.

# What Is A Key Ingredient For My Child To Make Friends?



# ANSWER



## \* EYE CONTACT \*

Help your child with developing the skill of making eye contact when they communicate with others as well as when someone enters a room and they engage with them. Practice this simple yet powerful skill with them.

### As well as....

Consider challenging your child to practice this skill with you at home whenever they enter a room, sit down at the table, meet you at the front door, etc. And of course, be sure you make the effort to make eye contact with them as well - especially when talking to them. When we make eye contact with others, it shows we value them as a person and are happy they are there.

**“A true friend is someone who sees you and is always there during the ups and downs, never judging, and forever supporting.” - Unknown**

### FACTS:

Research shows eye contact to be a sign of openness and trustworthiness. It is associated with confidence, interest, and attraction. In contrast, a lack of eye contact or looking away is related to low self confidence, feelings of rejection, and being socially isolated.



*“I feel such a sense of satisfaction and excitement, knowing that we have been able to support Derek as he struggled for so long on fitting in and making friends.”*

*Tanya W.*

# What Is Another Skill I Can Teach My Child To Make Friends?





# ANSWER



## \* REMEMBER NAMES \*

Yes, help your child understand the importance of learning someone's name and then using it when they talk and play with them. Learning someone's name creates a personal connection and makes the other person feel acknowledged and important.

### As well as....

Practice with your child the techniques and strategies for remembering names. One simple and easy technique to help remember someone's name is by just repeating the person's name as soon as you hear it. Like this . . . right after you have been introduced, say: "Hi John, My name is Sally."

**"Remember that a person's name is to that person the sweetest and most important sound in any language."  
- Dale Carnegie**

### FACTS:

Knowing someone's name is the first step towards building a relationship. It creates a sense of familiarity and allows for more meaningful interactions.

Overall, learning someone's name when you meet them is a simple yet powerful way to show respect, build connections, and broaden communication skills.

**"She loves going to school now since mastering these important skills."**

**Dara C.**



# How Can I Help My Child Develop Positive Friendships?





# ANSWER

## \* GENUINE COMPLIMENTS \*

Practicing compliments is a great way to make friends!! As a parent, you can foster your child's ability to make friends by teaching them how to give a genuine compliment. It's very simple when we practice it. Show your child how to look for characteristics in others (haircut, style, laugh, strength, humor, etc.) or tangible items (shoes, necklace, shirt, hairbow, etc.) and teach them how to acknowledge what they admire in others and deliver it with a smile and good eye contact. Again, make sure it's genuine!

### IDEAS:

I love your shirt.	You have the best laugh.	I really like your _____.
You make me laugh.	I really like playing with you.	I really like your shirt.
I love your necklace.	Your smile makes me happy.	I love when you come to play.
Those shoes are so cool.	You are so fun.	You're great at this game.

### BUILD STRONGER RELATIONSHIPS:

**By teaching your child to give genuine compliments, you encourage them to look for the good in others and help avoid painful and unhealthy gossip.**

### THE FACTS:

Research has shown that being part of a positive social circle during early childhood offers numerous benefits for children's overall development.

Positive social relationships provide opportunities for children to develop important social skills, emotional well-being, and cognitive abilities. Children in positive social circles also have increased opportunities for play, which supports their physical development, creativity, problem-solving, and imagination. Additionally, being part of a social circle fosters a sense of belonging, provides emotional support, reduces feelings of loneliness and isolation, and enhances overall social and emotional development. These positive social experiences contribute to children's overall well-being and lay a foundation for their future relationships and interactions with others.

# How Can I Help My Child Develop The Social Skill Of Making Friends?





# ANSWER

## \* GET INVOLVED \*

Encourage your child to participate in group activities or clubs where they can interact with peers who share similar interests. For example, signing them up for soccer or joining an art class can provide opportunities for socialization and skill-building.

### As well as....

Try storytelling and discussions. Read books together that explore themes of friendship, emotions, and social situations. Discuss the characters' feelings, actions, and possible outcomes, fostering empathy and understanding.

Explore learning through board games and cooperative play. Play board games that require teamwork, sharing, and turn-taking. Cooperative games where players work together towards a common goal can also foster collaboration and communication skills.



**IMPROVED ACADEMIC PERFORMANCE:**  
**Research shows that positive friendships can enhance academic engagement and overall school success.**



### IDEAS:

- "Cooperative Memory Games" (such as "Hoot Owl Hoot!" or "Race to the Treasure!"): These games can promote teamwork as players work together to remember the locations of matching cards and achieve a common goal.
- "Stack Up!": This cooperative game involves working together to stack colorful blocks before the Stack Smasher topples them. Players take turns, share ideas, and collaborate to complete the task.
- "Count Your Chickens!": This cooperative counting game encourages children to work together to rescue lost chicks and bring them back to the coop. Players share resources and strategize to complete the task before the mother hen returns.

# What If My Child Is Afraid To Step Out And Make Friends?





# ANSWER

## \* MEET THEM WHERE THEY ARE \*

If your child frequently expresses feelings of loneliness, avoiding social situations, or experiencing difficulty initiating conversations with other children during playdates or school activities, it may be that they are struggling with a bit of anxiety around friendships.

### As well as....

Consider the idea that your child just isn't ready yet. This is where it is important to be patient and consider ways to be supportive.

For Example.... Our son was a child that had many friends, but he didn't feel comfortable attending birthday parties. We learned that he felt anxious around large groups, even more so when he didn't know what to expect. He liked the idea of a 'party', but when we arrived, he wouldn't want to get out of the car. After a few times of this, we decided to 'meet him where he was' by talking with him about what might make him more comfortable to attend birthday parties moving forward. One solution was to wait in the parking lot for a bit, until he gave us the 'thumbs up' that we could leave, or sit in a booth nearby, until he felt ready to join the group. It was a gradual process, but overtime, it helped him feel more comfortable.

### SUPPORT EMOTIONAL WELL-BEING:

**Nurturing friendships can contribute to your child's emotional well-being, promoting happiness, self-esteem, and a sense of social support.**

### THE FACTS:

Research from the University of Illinois suggests that social competence and positive peer relationships in childhood are linked to better long-term outcomes, healthier relationships, and higher educational attainment and better mental health.



**"Don't wait!  
It's easy and fun."  
Becky Z.**

# How Can I Help My Child Deal With The Feelings Of Being Left Out?





# ANSWER



## \* EMPATHIZE & ENGAGE \*

Teach your child resilience and empathy by discussing their feelings and offering support. Encourage them to explore new friendships and engage in activities where they can meet new people. For instance, you can suggest inviting a different classmate over for a playdate.

### **As well as....**

If your child is feeling left out, remember, open communication, active listening, and providing emotional support are key throughout the process. By creating a positive and nurturing environment, parents can empower their child to overcome feelings of exclusion and build meaningful connections with others.

### **BOOST SELF-CONFIDENCE:**

**Help your child gain the confidence they need to initiate conversations, join group activities, and feel comfortable in social settings.**

### **IDEAS:**

- Plan special one-on-one time: Spend quality time with your child doing activities they enjoy. This helps strengthen your bond and reassures them of your love and support.
- Teach empathy and inclusivity: Read books or watch movies, (see below) that highlight the importance of kindness, empathy, and embracing differences. Discuss these themes with your child and encourage them to be inclusive and compassionate towards others.
- BOOKS: "The Invisible Boy" by Trudy Ludwig, "The Recess Queen" by Alexis O'Neill, "Strictly No Elephants" by Lisa Mantchev, "Little Blue and Little Yellow" by Leo Lionni
- MOVIES: "Finding Nemo", "Wreck-It Ralph", "The Lion King", "Toy Story" (and sequels)

# How Can I Help My Shy Child Feel More Comfortable In Social Situations?



# ANSWER



## \* PRACTICE & ROLE-PLAY \*

Gradually expose your child to social settings and provide opportunities for practice. For instance, you can start by inviting a close friend or relative over for a small gathering, allowing your child to interact in a familiar and comfortable environment.

### As well as...

- Role-play social scenarios at home, teaching your child appropriate greetings, conversation starters, and listening skills. Practice these skills in real-life situations to build confidence and competence.
- Offer encouragement and positive reinforcement for their efforts in social situations. Help them identify and focus on their strengths, building their self-esteem and resilience.

### CREATE A POSITIVE SOCIAL IDENTITY:

**Help your child develop a positive self-image through healthy friendships and gain a sense of belonging within their peer groups.**

### THE FACTS:

If your child's shyness or social anxiety significantly impacts their daily life or if they struggle to engage in social situations even with support, consider consulting a mental health professional who specializes in children's social-emotional well-being. While it's challenging to provide an exact percentage, research suggests that social anxiety affects approximately 5-10% of children in this age range. It's important to note that social anxiety can manifest differently in children, ranging from mild discomfort in social situations to more severe levels of anxiety. Additionally, the prevalence may vary based on various factors such as individual temperament, environmental influences, and personal experiences.

# Parent Action Steps

**Now, let's put what we've learned into action!!**

Check off your First 3 Steps to get started.....

- Smile\*
- Eye Contact\*
- Remember Names\*
- Give Genuine Compliments
- Get Involved
- Meet Them Where They Are
- Empathize & Engage
- Practice & Role Play

Friends provide a safe space for children to experience challenges, teaching them to how bounce back from setbacks.

**Let's talk about how making friends can impact your child's future.**



# What's The Impact For Your Child?

## ✔ Quality Friend Network:

Building a quality network of friends in early childhood opens doors to a wider range of opportunities. As your child grows older, their network of friends can introduce them to positive peer relationships, future mentors, job opportunities, and even potential business partners. The connections forged through friendships can provide valuable insights, referrals, and access to resources that can contribute substantially to their future success.

## ✔ Boosted Communication Skills:

Strong communication skills developed through making friends can benefit your child in their early school years, but also in their everyday communication with you. Effective communication is crucial to building quality relationships now and into the future. By developing stronger communication early on, your child will have an advantage in being a better communicator and listener which is integral in enhancing relationships and making friends.



**“Wow! This was just what he needed!  
I no longer worry about him when  
I send him off to school.”**

## ✔ Improved Self-Confidence:

When your child learns how to make friends and form meaningful connections, their self-confidence and self-esteem soar. This heightened confidence will translate into various aspects of their life, such as meeting new people, better grades, and improved friendships. A confident individual is more likely to take reasonable risks, seize opportunities, and extend themselves to help others when needed.



## ✔ Increased Empathy and Compassion:

Showing empathy and compassion towards others demonstrates reliability and connections that are paramount in developing friendships and leadership. When your child can do this they are able to attract more friends because it's not just the words they use, but it's the meaning behind the message.

## ✔ Better Problem-Solving Skills:

Strong problem-solving skills acquired through friendships are highly valued in every aspect of life. People who can identify solutions, analyze complex situations, and make sound decisions are highly sought after. Your child's ability to navigate conflicts, negotiate, and find compromises with their friends will translate into better problem-solving capabilities now and into their future.

### ✔ Enriched Life Experiences:

Friends bring joy, laughter, and shared experiences that contribute to a happier and more fulfilling childhood. These positive experiences enhance your child's overall well-being and happiness. Being able to make meaningful friendships early on, will ensure they have lifelong connections and a strong support network.

### ✔ Strengthened Social Resilience:

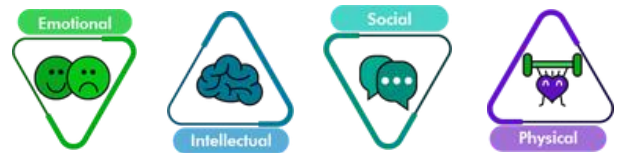
Building resilience in friendships prepares your child for the challenges they will face when experiencing setbacks and conflicts in life. Resilience also protects them against negative thinking and motivates them to demonstrate bravery. With a strong foundation of social resilience, your child will possess the ability to bounce back and prevents them from feeling overwhelmed. This allows them to maintain a positive mindset and persevere when encountering difficulty.



**“I know that having them learn the skill of how to Make Friends will last them a lifetime!”**

### ✔ Enhanced Emotional Intelligence:

Emotional intelligence, cultivated through understanding and navigating friendships, plays a crucial role in life. Children with high emotional intelligence are better equipped to manage stress, collaborate effectively, and resolve conflicts. By mastering these skills early on your child will have an advantage in building positive well-rounded relationships.



### ✔ Developed Leadership Abilities:

Friendships allow your child to explore leadership roles within their social circle. As they take on leadership responsibilities, such as organizing group activities or resolving conflicts, they develop essential leadership skills. These skills, like decision-making, problem-solving, and inspiring others, will contribute to their future leadership roles and activities.



## PARENTS:

Review the FREE guide and do the Action Steps with your child.

If your child still struggles....

Take the 'Next Step' and join our  
Premium Online 'Making Friends' Masterclass

It's Fun, Easy, and Proven for children ages 3-9.

Click below to learn more!

**GREAT!!**  
**Let's Get Started &  
Break Some Barriers!!**



"I feel such a sense of satisfaction and excitement knowing we have been able to support Derek as he struggled for so long on fitting in and making friends."  
Rebecca T.

**"This is exactly what we needed.  
It's been a game-changer for helping our children!"**  
Maria R.



"I never imagined this was even possible. She has grown so much....it was easy and fun."  
Becky Z.



## NEXT STEP

Join our 30 Day Premium Online 'Making Friends' Masterclass!

We hope this FREE Guide has given you some important steps to help your child Make Friends, but if you feel your little one may need a bit of extra help to master 'Making Friends'.....

This is where our 30 Day Premium Online Masterclass Program catapults your child to the next level!



Your Child's Social Development **DEPENDS** on it!  
This is where real life transformation in Behaviors and Habits happen!

Join us to experience our step-by-step 4 week program that will develop one of your child's most important social skills.

Just imagine the overall well-being and success your child will experience when they have the right friends!

Making Friends  
Masterclass

Let our Premium Self-Paced 30 Day Masterclass do it for you!







# Check out More Masterclasses we offer to help your child...

## \*10 Bonus Tracks\* ~ A la carte



Coming  
Soon

  
Join Our  
Waitlist

## \*12 Core Tracks in the Elite Trip\*



Strengthen your child's  
Social, Emotional, Intellectual & Physical  
behaviors into habits for a lifetime.

[Making Friends  
Masterclass](#)

[Karam's Little Leaders  
Homepage](#)