



A Therapeutic Approach
to Movement and Learning

Building Social Skills & Friendships

How Good Beginnings Can Help

Making friends, understanding social cues, and navigating interactions can be tough for some kids. If your child struggles with turn-taking, reading emotions, or engaging with peers, we can help! Here's how Good Beginnings supports social skill development—and what you can start practicing at home.



Teaching Kids How to Start & Maintain Friendships

We help children learn conversation starters, how to join group play, and how to keep friendships strong.



Role-play conversations with stuffed animals or dolls. Practice saying, *"Hi, can I play with you?"* or *"What are you playing?"*



Understanding Social Cues & Body Language

Some kids struggle to read emotions or notice social cues. We teach kids to recognize facial expressions, tone of voice, and personal space.



Play **"Guess the Emotion"** by making different faces and having your child guess how you're feeling. Use mirrors so they can see their own expressions, too!



Managing Social Conflicts & Teamwork

Disagreements happen in friendships. We help children practice problem-solving and compromise so they can navigate social challenges more easily.



Encourage **"try again" language**—instead of grabbing a toy, teach your child to say, *"Can I have a turn when you're done?"*



Telehealth Support for Home-Based Movement Strategies

We offer telehealth sessions for parents who want guidance on reinforcing social skills at home and helping their child navigate friendships.



Read books about friendship together and talk about what the characters did well or what they could do differently.



You're Not Alone- We're Here to Help

Social skills take practice, and every child learns at their own pace. We've helped many kids build confidence in friendships, and we can help yours, too!



Let's Work Together!

If social interactions are a challenge for your child, we can help. Contact us to learn more and schedule an appointment.



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