



## 5 Ways to Support Your Child's Healthy Connections

1. Encourage your child to explore many interests. Don't try to turn them away from interests that seem too intense or out of sync with peers
2. Use open-ended questions. Draw out and help them articulate what they like and why.
3. Connect the child with peers who share her interest. There are clubs for everything! If nothing local, help your child find a community of peers online with online safety rules and supervision.
4. Foster balance between solitude and social interaction. Most hobbies have elements of both.
5. Help a child find common ground with peers based on what he enjoys about his interest.

