



Building Social Skills at Home
**A FILLABLE WORKBOOK FOR
PARENTS**

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Introduction: Helping your child develop social skills can feel overwhelming, but it doesn't have to be! This workbook will guide you in supporting your child's social growth at home through practical exercises, positive reinforcement, and consistent practice.

Step 1: Set Social Goals Every child is different, so let's start by setting goals that are realistic and tailored to your child's needs.

Fill In:

- One social skill I want to help my child develop is _____ (e.g., making eye contact, sharing toys).
- We will practice this skill during _____ (e.g., playtime, family meals).
- Our goal by the end of the month is for my child to _____ (e.g., say "hello" to one friend, participate in a game).

Step 2: Create Opportunities for Social Interaction Children with autism often benefit from structured social opportunities where they can practice these skills in a low-pressure environment.

Fill In:

- One activity where my child can practice social interaction is _____ (e.g., inviting a friend for a short playdate, engaging in a family game).
- I will schedule _____ (activity) on _____ (day/time) to provide my child with regular social practice.

Step 3: Use Visual Aids and Social Stories Social stories and visual supports can help your child understand and navigate social situations.

Fill In:

- A social story I will create or find for my child is about _____ (e.g., sharing toys, saying goodbye).
- The visual aids we will use include _____ (e.g., picture cards, charts).
- We will use these aids before _____ (specific activity).

Step 4: Reinforce Positive Social Interactions Reinforcement is key to encouraging social behaviors. Find what motivates your child and use it consistently.

Fill In:

- When my child successfully engages in a social activity, I will reward them with _____ (e.g., a favorite toy, verbal praise).
- I will also celebrate small wins, like _____ (e.g., making eye contact, taking turns).

Step 5: Reflect on Progress Tracking progress helps you adjust your approach and celebrate improvements.

Fill In:

- This week, my child made progress by _____.
- One thing we will continue to work on is _____.
- Something that's getting easier is _____.

Conclusion: Social skills take time to build, but with consistent practice and positive reinforcement, your child will make strides. You're creating opportunities for connection and communication, one step at a time!