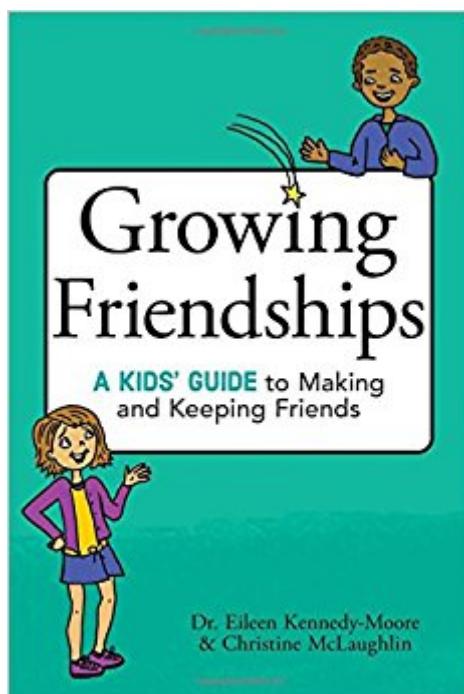


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# **Growing Friendships: A Kids™ Guide To Making And Keeping Friends**



## Synopsis

From psychologist and children's friendships expert Eileen Kennedy-Moore and parenting and health writer Christine McLaughlin comes a social development primer that gives kids the answers they need to make and keep friends. Friendship is complicated for kids. Almost every child struggles socially at some time, in some way. Having an argument with a friend, getting teased, or even trying to find a buddy in a new classroom—although these are typical problems, they can be very painful. And friendships are never about just one thing. With research-based practical solutions and plenty of true-to-life examples—presented in more than 200 lighthearted cartoons—"Growing Friendships" is a toolkit for both girls and boys as they make sense of the social order around them. Children everywhere want to fit in with a group, resist peer pressure, and be good sports—but even the most socially adept children struggle at times. But after reading this highly illustrated guide on their own or with a caring adult, kids everywhere will be well equipped to face any friendship challenges that come their way.

## Book Information

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Age Range: 6 - 9 years

Grade Level: 1 - 4

## Customer Reviews

“Growing Friendships” is the secret playbook you’ll wish you’d had when you were growing up. It’s packed with clever strategies that help kids handle the awkward, upsetting, and

confusing social situations that happen to everyone. The fun cartoons make the advice light-hearted and easy to swallow. • (Diane Debrovner, deputy editor of Parents magazine)"Finally! A gap in the literature of friendship is filled. Growing Friendships is profound and subtle, clear and humorous. Anyone, of any age, who reads it will benefit." (Wendy Mogel, PhD, author of The Blessing of a Skinned Knee)"Kids who have social skill challenges often view friendship as an event or a product (Hi, I'm Michael. Let's be best friends and have a sleepover tonight.). They do not understand that friendship is a PROCESS with specific steps and sequences. Eileen Kennedy-Moore brings a wealth of experience, knowledge, and sensitivity to this issue. Her book Growing Friendships teaches kids the strategies they can use to establish--and maintain--peer relationships. Her unique and entertaining format holds the child's attention and makes these complex concepts understandable and within reach. It will be an invaluable tool for parents and professionals as they try to prevent their child from hearing the most dreaded words in childhood: 'Sorry, you can't sit there. That seat's taken.' " (Richard D. Lavoie, author of It's So Much Work to be Your Friend)"Funny, practical, and not at all preachy"Growing Friendships offers spot-on, research-based friendship advice for girls AND boys. Highly recommended! This must-read book is the Google Maps to friendship that every kid needs • (Michele Borba, author of Unselfie)œThis book is so important! All children face friendship challenges at some point and Growing Friendships offers kids real help"and enough giggles to make the messages fun and memorable. • (Amy McCready, author of If I Have to Tell You One More Time and The œMe, Me, MeœEpidemic)œSome kids intuitively know how to make and manage friendships. Most don't. Growing Friendships is a kid-friendly guide that uses simple language, engaging illustrations, and humor to help girls AND boys master the mysteries of social interaction. • (Jennifer L. W. Fink, founder of BuildingBoys.net)œPractical examples, real-life solutions, and playful humor make Growing Friendships a great resource. This insightful guide can help kids become competent problem solvers, cope with common social challenges, develop empathy, and build strong friendships. • (Tina Payne Bryson, PhD, coauthor of bestsellers The Whole-Brain Child and No-Drama Discipline)œThis empowering and entertaining guide for kids shows ways to maneuver the often tricky, confusing, and challenging journey to build and maintain positive friendships. Not only do children learn strategies to make new friends, handle stressful situations, say œnoœ to a pushy peer, and be a great team member, Growing Friendships makes the process fun and meaningful for the entire family. • (Marilyn Price-Mitchell, PhD, developmental psychologist and founder of Roots of Action)œChildren's friendships are a rollercoaster of emotion and conflict"fun and exciting when a friendship is going well, but challenging and even

crushing when itâ™s not. *Growing Friendships* taps into the real-life problems kids faceâ "from the friend who tells your secret to the one who likes you one day and wonâ™t play with you the next. This spot-on guide navigates the slippery slope of inevitable difficulties with kid humor and compassion to demonstrate not only how to mend friendships or let them go, but also how to be a good friend. If you have school-age children theyâ "and youâ "need this book.â • (Susan Newman, PhD, social psychologist and author of *Little Things Long Remembered* and *The Case for the Only Child*)â œThe complexities of friendships in the school-aged years can be the most perplexing for students, parents, and educators alike. *Growing Friendships* gives research-based, concrete, and effective solutions for navigating these relationships. A tool every school should have!â • (Kelly Bos, MSW, RSW, psychotherapist, parent, and former school counselor)"For any child struggling with friendships, this book will be a source of comfort, guidance, and fun, with its wonderful illustrations and child-centered dialogue. Counselors, psychologists, and parents, this is a book to read with the children you care about."Â (Maurice J. Elias, PhD, Rutgers University, coauthor of *The Joys and Oys of Parenting* and *Emotionally Intelligent Parenting*)Written for kids (specifically 6 -9 year olds) this is a book that parents will want to read as well. It offers some terrific advice for helping young people navigate the complicated waters of social interaction. These authors return to the basics to explain social and face-to-face communication skills to children who are living in a mostly virtual world. What appears to be silly dialogue between a cartoon cat and dog, actually contains some powerful lessons about how to approach and interact with other children. The fact that it makes these encounters humorous allows children to feel more comfortable about risking personal contact with other children. Making friends and keeping them, joining the fun, how to share, when to say NO, dealing with bullying, joining a group, and moving past conflict are all topics which are discussed in kid-friendly terms with real-world applications. In our fast-paced and disruptive world, weâ™re losing sight of the kitchen-table wisdom that children used to take refuge in. This book puts kids and their parents back in touch with basic, tried and true, social skills, and the ways in which those skills can be used. Â (Retailing Insight)

Eileen Kennedy-Moore, PhD, is an internationally published author, psychologist, and mother of four. She is a trusted expert on parenting and childrenâ™s feelings and friendships who is frequently quoted in major magazines and newspapers and has been a featured guest on national radio and television shows. Her books have been translated into seven languages. She is a professor for the Great Courses, serves on the advisory board for Parents magazine, and writes the popular *Growing Friendships* blog for Psychology Today. Dr. Kennedy-Moore has a private practice

in Princeton, New Jersey, where she works with adults, children, and families. Visit her online at [EileenKennedyMoore.com](http://EileenKennedyMoore.com). Christine McLaughlin is a prolific freelance writer, editor, and author whose work focuses primarily on parenting and health. She has published several hundred articles in national magazines and high-traffic websites. She is also author of *The Dog Loverâ™s Companion to Philadelphia*, *Philadelphia: A Photographic Portrait*, and *Bayada: 40 Years of Compassion, Excellence and Reliability*, and coauthor of the *American Red Cross: Dog First Aid* and *Cat First Aid* books. She and her husband live in the Philadelphia area with their three children and a lovable golden retriever. Visit her online at [ChristineMcLaughlin.net](http://ChristineMcLaughlin.net).

This is a wonderful, important book for independent reading for children ( about age 8 and above) and for parents to read with their school age children. The author approaches the subject of friendship with warmth, good humor and expertise and many of the important aspects of developing and sustaining friendships are reviewed in a meaningful, relevant manner.

Although geared towards children in elementary school, the explanations of friendship, misunderstandings that arise, and solutions are relevant to all ages. I actually found myself wishing some of my adult friends understood the relationship dynamics and communication skills explained in this book. As an adult reader, I found myself wishing for more content, but for the target age the length is perfect, as are the adorable cartoons. My teenager would have really benefited from this book when he was younger.

This book is extremely helpful. We often think that kids are somehow born knowing how to make friends--that it's a natural ability. But it's not. Kids have to learn the "skills" of making friends, and being a friend, and keeping a friend. Amazingly, this book takes kids through this process step-by-step, and in a way that doesn't feel like instruction. This book may be especially helpful for kids who struggle to make friends, or kids going through a break up with a friend, but it's also useful for any kid for "general maintenance" of friendship. The language is simple, but the concepts might not be understandable to a child under 4 or 5. Also, kids older than 13 or 14 might think that it's aimed toward younger kids (although it's definitely still appropriate for tweens and teens --perhaps more so-- if only they don't get hung up by the added cartoons, etc.) Highly recommended!

This book will be a valuable resource for my 7 and 9 year-old for years. While it can help any child with friendship building, it's especially useful for those who may have a bit of social awkwardness

and need some extra guidance. Plus, it helps parents better understand friendship dynamics and helps us figure out how and when we can coach our kids along. I was truly amazed at how much practical information is packed in this book, all easy to read, and engaging with funny cat-dog cartoons throughout. I'm getting another copy and donating it to the school library!

I'm a teacher who purchased this for my classroom. It's a practical guide with humor sprinkled throughout.

I bought this for my daughter - we've had it only for one day and she has already dived into it and is enjoying the topics, advice, and especially the illustrations that help make the points. And the cat and dog are great comic relief! No matter how good a child is at making friends, this book is an excellent reference for lots of situations that can come up. We're having fun reading the book together - it's sparking great conversation!

As both a child psychotherapist and a mom, I highly recommend this incredible resource for helping kids learn to make and maintain friendships. It's packed with wisdom and highly engaging.Katie Hurley, LCSW

I bought this book for my 5.5 year old daughter who is starting Kindergarten. Growing Friendships tackles relevant friendship issues that elementary school children face and provides helpful tips in a fun and informative way. Infused with Eileen Kennedy-Moore's talent for combining practical advice with humor, this book quickly became a resource to help my daughter to tackle tricky friendship situations. I have been a fan of Eileen Kennedy-Moore since purchasing her previous book, What About Me? after the birth of my second child, and I encourage all parents of elementary age children to purchase this book.

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