

# SOCIAL SKILLS DEVELOPMENT

## OVERVIEW

### **What are Social Skills?**

Social skills are both the expressive and receptive skills used to interact with others and communicate messages, thoughts and feelings – both verbally and non-verbally – through gestures, body language and personal appearance.

For some children, social interactions are problematic. The combination of impulsivity, immaturity, and difficulty reading the social cues of others can lead to difficult and painful peer relationships. Learning to get along with others is a challenge, whether at school, in sports, or with friends. But it doesn't have to be so hard. There are many things you can do to help your child develop a better set of social skills.

CICS offers a variety of Social Skills instruction on many levels and configurations. Please inquire to learn more about the various offerings and programs that are currently being offered.

- The Social Express™ is engaging, educational software for children and young adults with social learning challenges. The software is designed to teach users how to think about and manage social situations, helping them to develop meaningful social relationships and succeed in life.

