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**Behavioral Specialist & SLT**  
(English & Arabic)



# ENHANCING CHILDREN'S SOCIAL SKILLS

## An 8-week program of skill-building for children aged 4 – 6 years, and coaching for their parents

**In this program** children will focus on developing desirable social behaviors and minimizing undesirable behaviors. The group setting will encourage learning and practice of the skills that underlie those positive behaviors. As they practice and role-play with their peers, children will naturally become more able to extend these interactions to peers and adults outside of the group. Every other week, a concurrent parent session will take place. This consists of interactive sessions where parents are given strategies to work on social skills and positive behaviors with their child. Role playing will be combined with feedback and coaching to practice the skills.

### SUITABLE FOR CHILDREN WITH:

- Social skills difficulties (shyness, problem-solving, interpersonal communication)
- Behavioral difficulties (impulsivity, disruptiveness, aggression)
- Emotional regulation difficulties (managing and defusing anger, frustration and other difficult emotions)

### CHILDREN WILL WALK AWAY WITH:

- More developed self-awareness and regulation (recognizing, accepting, and managing one's emotions)
- Improved social awareness (recognizing and empathizing with others' emotions)
- Enhanced interpersonal relationships and social skills

### PARENTS WILL WALK AWAY WITH:

- A better understanding of their children's social and emotional needs
- Strategies to improve their children's social and emotional development
- Improved relationships with their children

### PROGRAM OUTLINE: AGES 4-6

**Week 1:** Free-structured Play & Introductions

**Week 2:** Shared Interests

**Week 3:** Joining a Group & Sharing

**Week 4:** Listening

**Week 5:** Feelings & Emotions

**Week 6:** Handling Teasing & Anger

**Week 7:** Turn-taking & Winning/ Losing

**Week 8:** Making New Friends & Keeping Them

### PROGRAM STRUCTURE:

8 weekly skill-building sessions for children **and** 4 bi-weekly coaching sessions for parents concurrent with the children's sessions

### DATES AND TIMING:

Mondays at 4.00pm – 5.30pm

### CHILDREN'S SESSIONS:

April 15, 22, 29 / May 6, 13, 20, 27 / June 10 (June 3 skipped, as it will most likely fall during Eid Al-Fitr break)

### PARENTS' SESSIONS:

April 22 / May 6, 20 / June 10

### INVESTMENT:

AED 2,350

### RESERVATIONS:

[www.lighthousearabia.com/events](http://www.lighthousearabia.com/events)

### LOCATION:

The Lighthouse - Center for Wellbeing.  
For directions please visit our website  
[www.lighthousearabia.com/contact](http://www.lighthousearabia.com/contact)

**\* Kindly note, spaces are limited for this group. Advance booking and payment required.**

Complimentary Valet Parking is available.

821 Al Wasl Rd  
Al Safa 2, Dubai, UAE

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**THE LIGHTHOUSE**  
CENTER FOR WELLBEING



**JOÃO LOURENÇO, MSc.**  
**Clinical Psychologist**



# ENHANCING CHILDREN'S SOCIAL SKILLS

## An 8-week program of skill-building for children aged 7 – 9 years, and coaching for their parents

**In this program** children will focus on developing desirable social behaviors and minimizing undesirable behaviors. The group setting will encourage learning and practice of the skills that underlie those positive behaviors. As they practice and role-play with their peers, children will naturally become more able to extend these interactions to peers and adults outside of the group. Every other week, a concurrent parent session will take place. This consists of interactive sessions where parents are given strategies to work on social skills and positive behaviors with their child. Role playing will be combined with feedback and coaching to practice the skills.

### SUITABLE FOR CHILDREN WITH:

- Social skills difficulties (shyness, problem-solving, interpersonal communication)
- Behavioral difficulties (impulsivity, disruptiveness, aggression)
- Emotional regulation difficulties (managing and defusing anger, frustration and other difficult emotions)

### CHILDREN WILL WALK AWAY WITH:

- More developed self-awareness and regulation (recognizing, accepting, and managing one's emotions)
- Improved social awareness (recognizing and empathizing with others' emotions)
- Enhanced interpersonal relationships and social skills

### PARENTS WILL WALK AWAY WITH:

- A better understanding of their children's social and emotional needs
- Strategies to improve their children's social and emotional development
- Improved relationships with their children

### PROGRAM OUTLINE: AGES 4-6

**Week 1:** *Setting Rules and Introduction*

**Week 2:** *Problem-Solving and Recognizing Emotions*

**Week 3:** *Feelings and Emotions*

**Week 4:** *Impulse Control*

**Week 5:** *Non-verbal Communication*

**Week 6:** *Empathy and Impulse Control*

**Week 7:** *Interpersonal Skills*

**Week 8:** *Self-Awareness and Social-Awareness*

### PROGRAM STRUCTURE:

8 weekly skill-building sessions for children **and** 4 bi-weekly coaching sessions for parents concurrent with the children's sessions

### DATES AND TIMING:

Saturdays at 10.30am - 12pm

### CHILDREN'S SESSIONS:

April 20, 27 / May 4, 11, 18, 25 / June 1, 8 (*June 3 skipped, as it will most likely fall during Eid Al-Fitr break*)

### PARENTS' SESSIONS:

April 27 / May 11, 25 / June 8

### INVESTMENT:

AED 2,350

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**THE LIGHTHOUSE**  
CENTER FOR WELLBEING



**DANIELA SALAZAR,**  
M.A. (Spain)  
**Clinical Psychologist**



# ENHANCING CHILDREN'S SOCIAL SKILLS

## An 8-week program of skill-building for children aged 10 – 13 years, and coaching for their parents

**In this program** children will focus on developing desirable social behaviors and minimizing undesirable behaviors. The group setting will encourage learning and practice of the skills that underlie those positive behaviors. As they practice and role-play with their peers, children will naturally become more able to extend these interactions to peers and adults outside of the group. Every other week, a concurrent parent session will take place. This consists of interactive sessions where parents are given strategies to work on social skills and positive behaviors with their child. Role playing will be combined with feedback and coaching to practice the skills.

### SUITABLE FOR CHILDREN WITH:

- Social skills difficulties (shyness, problem-solving, interpersonal communication)
- Behavioral difficulties (impulsivity, disruptiveness, aggression)
- Emotional regulation difficulties (managing and defusing anger, frustration and other difficult emotions)

### CHILDREN WILL WALK AWAY WITH:

- More developed self-awareness and regulation (recognizing, accepting, and managing one's emotions)
- Improved social awareness (recognizing and empathizing with others' emotions)
- Enhanced interpersonal relationships and social skills

### PARENTS WILL WALK AWAY WITH:

- A better understanding of their children's social and emotional needs
- Strategies to improve their children's social and emotional development
- Improved relationships with their children

### PROGRAM OUTLINE: AGES 4-6

**Week 1:** Understanding Friendships

**Week 2:** Maintaining Friendships

**Week 3:** Non-verbal Communication

**Week 4:** Active Listening and Problem Solving

**Week 5:** Emotional Awareness

**Week 6:** Dealing with Anxiety and Stress

**Week 7:** Relationship Management

**Week 8:** Dealing with Bullying

### PROGRAM STRUCTURE:

8 weekly skill-building sessions for children **and** 4 bi-weekly coaching sessions for parents concurrent with the children's sessions

### DATES AND TIMING:

Saturdays at 12.30pm - 2pm

### CHILDREN'S SESSIONS:

April 27 / May 4, 11, 18, 25 / June 1, 8, 15 (*June 3 skipped, as it will most likely fall during Eid Al-Fitr break*)

### PARENTS' SESSIONS:

May 4, 18 / June 1, 15

### INVESTMENT:

AED 2,350

### RESERVATIONS:

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