

Questions & Answers

Q: My daughter is in fifth grade. This year, her three best friends have another teacher. She says she has no friends in her class and she hates school. Should I ask if she can be moved to the other class?

A: Kids learn lots of lessons in school. One lesson your daughter will learn this year is that she won't always get to choose the people she works with.

She may feel like it is the end of the world, but you can help ease her mind if you:

- Talk about your own life. Have you ever had to work with people you didn't know? Share that story with your daughter. Let her know that learning to make new friends is also a skill she'll need when she goes to middle school.
- Encourage her to get to know the students in her class. Together, practice conversation starters that will help her find kids who share her hobbies and interests. For example, "Hi, I'm Jane. I like your horse T-shirt. Do you like horses? I love them." Or there might be someone in the class who once played on a soccer team with her. When she meets someone she likes, help them make plans to get together outside of school.
- Talk with the teacher and let her know about your child's situation. Does she have suggestions for helping your daughter connect with some of the students in the class?

Finally, remind your daughter of the classic song: "Make new friends, but keep the old." She can always be friends with the girls in the other class. But this year, she has an opportunity to make some new friends, too.

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