



## sound advice

### HOW TO HELP YOUR CHILDREN MAKE FRIENDS

**Friendships are very important to our children's happiness and well-being.** Here are some social skills you can teach your kids to help them make and keep friends:

Smile when you look at others. Acting friendly and looking like you're fun to be around are perhaps the most important keys to success.

Introduce yourself and remember the other person's name. Show interest by asking questions. Then listen and remember things about the other person.

Join in games and be a good sport. Avoid being bossy, getting mad if you lose or only playing the things you like.

Say nice things about the other person. It feels good to be around someone who builds you up instead of cutting you down. Stick up for your friend if others are being mean.

Invite friends to hang out. Ask a friend to eat lunch with you, go to a movie or come to your house. Make sure to stick with your friend, not your computer. Be flexible and do what the other person wants when he is your guest.

Control your temper. Nobody likes to be yelled at, threatened or hit. If you do something hurtful, admit your mistake and apologize.

Solve problems and forgive others. Friends make mistakes too. Don't throw away a friendship at the first sign of problems. Talk about it and find solutions.

*Susan Istre, Ph.D., is a board-certified licensed professional counselor supervisor who has been in private practice in North Dallas for more than 20 years. She is the owner and director of The Center for Social Success. See her website at [dristre.com](http://dristre.com).*



**Raddish Box,** subscriptions starting at \$24 [raddishkids.com](http://raddishkids.com)

# dinnerbell

The idea of cooking with your littles is a beautiful one ... until you remember the cleanup, the fighting and, yes, that wild waving around of the knife like it was a glow stick, which is why it takes an abundance of patience and time. Enter Raddish, a monthly subscription service that delivers a family-friendly box of recipes, table-talk cards and food-related activities to nudge kids into the kitchen – at least once in a while.

Raddish believes that getting kids involved in cooking not only improves motor skills but teaches life lessons such as following directions and expressing creativity. Before the box of treats lands at your doorstep, Raddish emails you a shopping list so you're ready and raring to go. Even if it does nothing more than give you dinner ideas, it's worth investing in for their future culinary adventures – and your sanity. —Christine Visneau

## BY THE NUMBERS: eating out



We're guilty of outsourcing dinnertime more than we'd like to admit, and we knew we couldn't be the only ones. So we asked you, our lovely reader, to fess up about your own dining habits. Here's what we found. —Nicole Jordan