

# First Friends Social Skills Program

A Positive Group Experience for 3-6 Year Olds – Morning Program



Lucy Daniels Center

*Helping children live emotionally healthy lives*

## Building Meaningful Connections

First Friends is a social skills program for children ages three to six who need help with joining play, establishing and maintaining friendships, and participating in group activities.

The morning program, led by the Lucy Daniels School's Early School director and a pediatric occupational therapist, meets once per week over a period of 8 weeks. In each session, children have opportunities to participate in a range of social experiences, from cooperative play to group activities, with a focus on the social and emotional skills necessary for joining and being a member of a group. The program includes a parent orientation session prior to the start of the social skills group and parent participation in some of the sessions, depending on the social and emotional needs of the child. Parents may request an optional school observation of their child in his/her current school or group setting. A complimentary occupational therapy screening is included as a part of the First Friends program.

## Joining Peers in Play

### *Sample Schedule*

**9:00-9:30 am:**  
Arrival and play activities

**9:30-9:35 am:**  
Clean-up and transition to group time

**9:35-9:50 am:**  
Group activity (e.g., story time, circle time, group games)

**9:50-10:05 am:**  
Art or fine motor activity

**10:05-10:15 am:**  
Snack

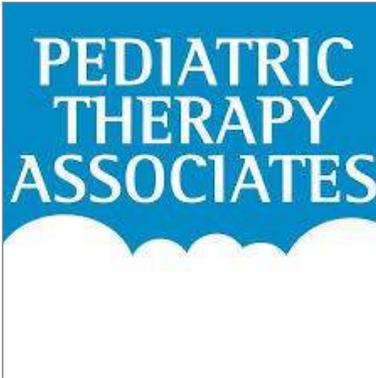
**10:15-10:20 am:**  
Clean-up

**10:20-10:30 am:**  
Closing circle and goodbyes



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8 Weeks -  
Morning  
Sessions on  
Fridays at:

1120 SE Cary  
Parkway,  
Suite 200  
Cary, NC 27518

9:00 am-  
10:30 am.

The fee is  
\$250.00  
for eight  
weeks

## First Friends Can:

- Help children who are shy or nervous around teachers and/or peers
- Develop flexibility in social interactions, including playing cooperatively and sharing
- Support the development of communication skills
- Teach young children to recognize and respect boundaries, personal space, and the feelings of others
- Help families to support a child in a way that is personal and meaningful

## First Friends Facilitators

### Jennifer Reid, MA

Early School Director and In-School  
Therapeutic Services Coordinator, Lucy Daniels School



Ms. Reid earned a Master of Arts degree in Early Childhood and Elementary Education from New York University. She has been teaching and working with children since 2000. She joined the Lucy Daniels School in 2005 and has taught in their therapeutic preschool, kindergarten, and elementary school classrooms. She currently serves as a mentor for therapeutic teachers and coordinates the clinical and school services provided at the Lucy Daniels School therapeutic day school. Ms. Reid is also a part of the Lucy Daniels Center's outreach program: she leads professional development workshops for teachers in the community; she observes children in early childhood settings throughout the Triangle and provides feedback and guidance to teachers to help support their students' social and emotional development; and she writes articles for parents in publications such as Carolina Parent.

### Carly Kohler, MS, OTR/L

Pediatric Occupational Therapist



Carly earned a Bachelor of Science degree in Health and Occupation, and a Master of Science degree in Occupational Therapy from Elizabethtown College in Elizabethtown, PA in 2015. During her undergraduate and graduate studies, Carly had the opportunity to complete clinical rotations in a variety of settings, including pediatric private practice, a day school and residential treatment center for children with emotional and behavioral disabilities, and in the hospital acute care and ICU units. Carly has obtained specialty training and education in the use of Interactive Metronome, Therapeutic Listening, The Alert Program, The Floortime Approach, reflex integration, and Handwriting Without Tears.

Get in touch with us for more information or to sign  
up for First Friends:

<https://tinyurl.com/y59h63ch>