

The Building Blocks of Friendship SUMMER GUIDE



Bailey T. HURLEY

HEY PARENTS!



My name is Bailey T. Hurley

I love to help people create meaningful connection and genuine friendship in their communities. I am the author of *Together is a Beautiful Place* and have been writing on the topic of friendship for seven years--but I have been a mom for eight. I have three kids in different stages of making and being a friend. It is a delight to invite you into my process for helping my kids grow in the area of friendship and provide some fun ideas to help you create friendship rhythms with your family.

The **Building Blocks of Friendship Guide** is going to help you and your kids create a foundation for friendship and build upon that foundation with practical friendship skills. Bonus: you are going to have a lot of fun along the way.

This guide will come in three parts.

Part 1: Foundation of Friendship- modeling friendship to your children

Part 2: Practicing Friendship Together - building side-by-side friendship habits

Part 3: Friendship Cheerleader - being a voice of encouragement as your kids map out their own friendship plans

LET'S GO BUILD MEANINGFUL FRIENDSHIP!

KICKOFF CHECKLIST

Read through the guide before you begin

Have a direction of where you are headed before you invite your kid to join you

Print off the guide

You could print out the guide or just print out the worksheet pages

Make a list of any materials you might need

I try to supply a few ideas but plan ahead to see if you'll need anything to complete your friendship dates

HOW TO REACH ME

If you have any issues downloading the guide, or have additional questions you can connect with me:

Email	bailey@baileythurley.com
Insta	@bailey.t.hurley
Website	www.baileythurley.com



For ages
18 months +

FOUNDATIONS FOR FRIENDSHIP

The foundation of your child's friendships begins with **you**--how you befriend your child and your peers. They watch how you make time in your schedule for friends, the words you use when you talk on the phone, and how you extend hospitality to others.

It's important to be aware of what kind of friend you are and how it shapes your kid(s). So, the very first thing we will do together is briefly check-in with ourselves and spend some time in prayer. Then, it's time to create your first friendship touch point with your kid(s).

This section also includes:

- friend date idea process
- friend date idea

EVALUATE YOUR FOUNDATIONS:

In three words, how would you describe yourself as a friend (positive, quiet, likes attention, thoughtful, standoffish, says 'yes' to everything, etc.):

In three words, what kind of friend do you hope your kid will be:

Do these align? Is there a gap? How are you modeling the type of friend you hope your child will become?

Why do you want your child to be a good friend and have healthy friendships?

Jesus is the cornerstone of all that we build in life. Without him, our blocks will tumble. Read Ephesians 2:20-22. How can you invite Jesus into this process of helping you and your kids build up friendships??



PREPARING FOR YOUR FRIEND DATE

Step One

Brainstorm what makes your child light up. For our little one, it is ice cream and going to feed the ducks leftover bread crusts. For our older kids, it's taking them out to their favorite restaurant and playing mini golf. Assess what your child loves and your budget.

Step Two

Plan a time for you to go. In addition, think of some thoughtful questions you may want to ask. Put your phone away.

Step Three

Follow up! Tell your child what you appreciated about your friend date and put the next date on your calendar so they know you want consistent special time with them.

FRIEND DATE IDEA

"TEA DATE"

GREAT FOR 18MONTHS AND OLDER. THE IDEA HERE IS TO SET ASIDE TIME TO PUT AWAY YOUR PHONE AND CATCH UP WITH YOUR KIDDO. EYE CONTACT AND CONVERSATION ARE THE GOALS.

MATERIALS NEEDED

Tea/lemonade and mugs;
books for reading together

QUESTIONS YOU COULD ASK

What makes you feel loved? What do you think makes a good friend? What would you change about our morning routine?

BUDGET

\$5

TIME

5min.+





For ages
4 years +

PRACTICE FRIENDSHIP TOGETHER

You have modeled friendship to your kids, but now it's time to walk alongside them as they practice friendship. They need your help setting up the playdates, preparing a few activities, and potentially working through big emotions. Your aim in this stage is to help your kids feel confident in social settings by working together on the pre-work and then being available if the little friends need redirection.

In this section:

- a pre-friend date worksheet to do with your toddler
- friend date example
- after-friend date worksheet

PRE-FRIEND DATE PREP QUESTIONNAIRE



01

STEP ONE

Who would you like to invite over to come and play? If that friend isn't available is there another friend we could ask to play?



02

STEP TWO

How can I help you come up with some idea for when your friend comes to visit? What are some things you think this friend likes to do? Let's decide on three things we could do while they are here.



03

STEP THREE

Will we need any materials to help you feel ready for the palydate? Snacks? A specific toy that needs new batteries? Maybe all the balls outside need to be found.



04

STEP FOUR

How can we make our space inviting to our friends? Do we need to clean your room? Pick up toys? Or set out a toy?



05

STEP FIVE

Pray together and have fun!

FRIEND DATE IDEA

"COOKIE TASTING"

GREAT FOR 4 YEARS AND OLDER. THE IDEA HERE IS TO HELP YOUR KID BE THE HOST OF THE PLAYDATE WITH YOUR HELP ON THE SIDELINES. LET THEM DECIDE WHAT THEY LIKE TO DO BUT IF THEY NEED A SUGGESTION...

MATERIALS NEEDED

grocery store cookies, homemade
cookie ingredients

WHAT?

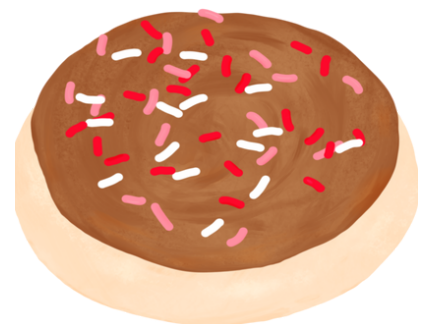
Gather or bake 3 or more different types of cookies. Have the kids taste and rate which was their favorite. Send the child home with an extra cookie of their favorite flavor

BUDGET

\$10+

TIME

30min.+



PARENT FOLLOW UP

This is the stage when your kids start to make friends themselves and can solidify the skills you have modeled like: taking turns, inviting peers into play, and working through conflict. You may also hear your kids express big emotions like: *“I never want to play with her again.”* or *“Nobody likes me.”* **You shape how your kids redirect their disappointments towards Jesus acceptance for them.**

Did you notice any patterns of social skills during the playdate that your kid could grow in? How could you help them practice this for next time?

Where do you need Jesus to come alongside *you* as you help point your kids’s friend disappointments to Jesus being the perfect friend?

My reminder for my kids is: we all are guilty of making friendship mistakes. We won’t be the perfect friend and we will also learn our friends can hurt our feelings. Our icky feelings are a nudge to turn to Jesus--who understands rejection and hurt from friends--to help us forgive and ask for forgiveness. Friendship is costly, but it is a cost worth laying down your life to find all the wonderful things that come from being and finding good friends.



HOW DID THE FRIEND DATE GO?

Draw a picture of your favorite part of the friend date.





For ages
8 years +

BE A FRIENDSHIP CHEERLEADER

Your child has walked alongside you in social settings and they are ready to *independently* explore friendship. The cheerleader stage is also important and good work as a parent. Your kids are doing friendship but in a safe environment where they can come back to you to process and ask questions. Be in prayer for them. Give them verbal encouragements when you see them doing good. Pro tip: continue to create quiet spaces for your kids to come to you in the highs and lows of friendship-- maybe even consider coming back to the tea friend date or weekly one-on-ones.

In this section:

- A worksheet for your kids to fill out on their own
- Bible verses for them to read and write their own definition for friendship
- Resources for parents

FRIEND DATE PLANNING



Who are some friends
I'd like to invite?

What could we do?

How much time &
money would it
cost?

Is there anything else
I would need?

Time to ask for help
inviting friend over

Date: _____

WHAT IS A FRIEND: BIBLE STUDY?

Read Philippians 2:3-7. Why do you think we are to count others more significant than ourselves?

Jesus became a servant when he came to earth by leaving his seat in heaven; what are some sacrifices you think a good friend makes to serve others?

Read Luke 6:31. How should a friend treat their friends?

Read Proverbs 13:20. What type of friends should a wise person avoid?

Read 1 John 4:11. Why do we love our friends?

Now that you read some Scripture on friendship. How would you define what a friend is?

A FRIEND IS:

Post Friend Date Sheet

STAR RATING

Overall how did the friend date go?



FEELING

How did I feel during the friend date?



PLUS

What were things that went right.

Large empty box for writing positive feedback.

MINUS

Were there any moments that didn't go as planned.

Large empty box for writing negative feedback.

IMPROVE

Are there any situations I wish I handled differently? Any moments I would redo?

Large empty box for writing suggestions for improvement.

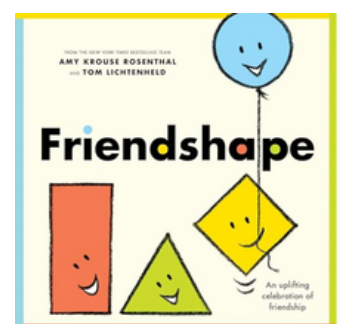
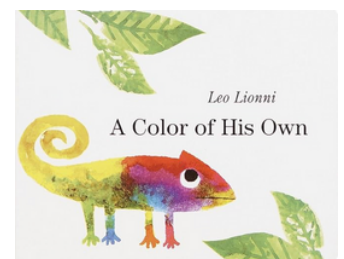
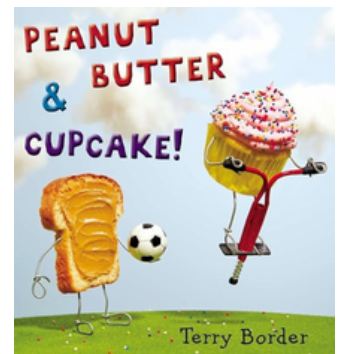
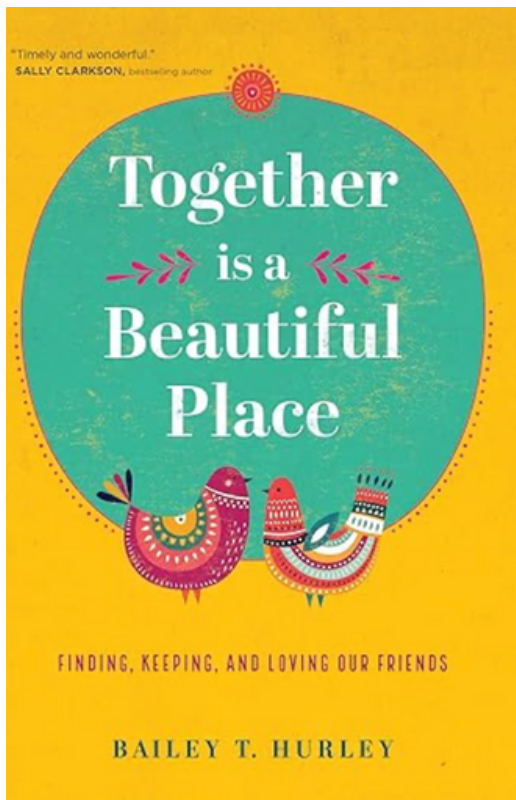
RESOURCES

I hope this has been a fruitful experience being intentional with befriending your kids and helping them grow in their friendship skills.

For learning more about your adult friendships, I recommend my book *Together is a Beautiful Place: finding, keeping and loving our friends*.

If you are wanting more inspiration on befriending your child, I recommend *The Lifegiving Series* by Sally Clarkson.

If you want some books on friendship for your kids, I recommend *Friendshapes* by Amy Rosenthal and *Peanut Butter and Cupcake* by Terry Border and *A Color of His Own* by Leo Lionni.





THANK YOU!

If you enjoyed this little packet, I hope you share about it with your community and invite them into meaningful friendships. You can find more friendship resources through my website baileythurley.com or continue the conversation with me on Instagram [@bailey.t.hurley](https://www.instagram.com/bailey.t.hurley).

It is a delight to share this with you! I pray that your families are blessed with fruitful friendships this summer and you find yourselves growing in God's love as you explore what it looks like to love others.

STAY IN TOUCH!

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