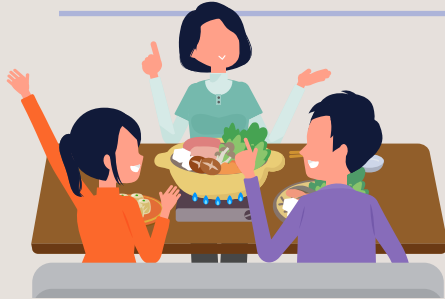


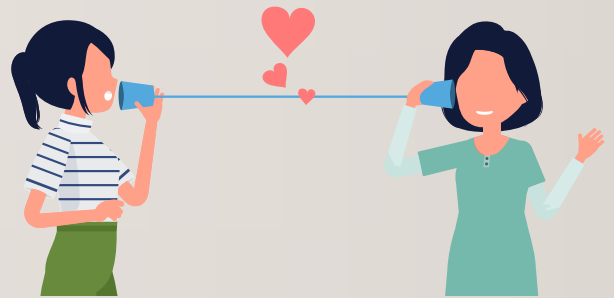
# How Can I Help My Child Who Feels **Lonely?**



Learn more about your child's interpersonal relationships and friendships from different perspectives



Listen attentively to your child's thoughts and feelings regarding their interpersonal relationships



Care more about your child's self-image and emotions (e.g., low self-esteem? anxiety problems?)



Encourage your child to participate more in group activities



Participate in volunteer services with your child to help others



Be a good role model to improve your child's social skills



Seek help from teachers, social workers etc. to identify the causes of your child's loneliness and find an appropriate solution to the problem

