



1-Hour Webinar on Supporting Families in Building Resilience in Children; Birth through Five

Presented by Mary Mackrain and Karen Cairone

Co-authors of *For Now and Forever: A Family Guide for Promoting the Social and Emotional Development of Infants and Toddlers*, and *Promoting Resilience For Now and Forever: A Family Guide for Supporting the Social and Emotional Development of Preschool Children, Second Edition*

Supporting Families in Promoting Resilience in their Children

The Statistics

- 1 in 5 children have social and emotional challenges, with only 2/3 of those children getting the help they need.
- An estimated 60 % of children experience some form of potentially traumatic event or circumstance at some point in their development.
- 6-20% of them go on to suffer some form of impairment or post-traumatic stress disorder.

Trauma Defined

- The experience of an event or enduring conditions in which the individual's ability to integrate his/her emotional experience is overwhelmed and the individual experiences (either objectively or subjectively) a threat to his/her life, bodily integrity, or that of a caregiver or family (Saakvitne, K. et al, 2000).

Social and Emotional Health Defined

It is the developing capacity to:

- Experience and regulate emotions,
- Form secure relationships, and
- Explore and learn

... All within the context of one's family, community and cultural background

www.ZeroThree.org

Resilience Defined

- The ability to recover from or adjust to misfortune or change, or to bounce back
- "Overcoming the Odds"

Initiative: Using independent thought and action to meet needs

INFANT Behaviors:

- Try to do new things
- Imitate actions of others
- Keep trying when unsuccessful
- Explore surroundings

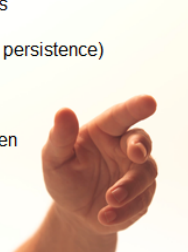
TODDLER Behaviors:

- Show concern for other children
- Try to clean up after herself/himself
- Play with other children
- Try to do things for herself/himself



PRESCHOOL Behaviors:

- Choose to do a task that was hard for him/her
- Try different ways to solve a problem
- Try or ask to try new things or activities
- Keep trying when unsuccessful (show persistence)
- Make decisions for himself/herself
- Start or organize play with other children



Self-Regulation: Experiencing a range of feelings and expressing them in safe and healthy ways.

INFANT Behaviors:

- Cooing and Babbling
- Smiling
- Fussing when hungry or tired
- Kicking legs when excited



TODDLER Behaviors:

- Adjust to changes in routine
- Easily follow a daily routine
- Have regular sleeping patterns
- Easily go from one activity to another

PRESCHOOL Behaviors

- Control his/her anger
- Show patience
- Cooperate with others
- Listen to or respect others
- Calm himself/herself down
- Play well with others



Attachment/Relationships: Promoting and maintaining positive connections with others

INFANT Behaviors:

- Respond when spoken to
- Accept comfort from a familiar adult
- Show affection for familiar adult
- Make eye contact with others



TODDLER Behaviors:

- Enjoy being cuddled
- Enjoy interacting with others
- Express a variety of emotions (e.g. happy, sad, mad)
- Reach for a familiar adult

PRESCHOOL Behaviors:

- Show affection for familiar adults
- Ask adults to play with or read to him/her
- Trust familiar adults and believe what they say
- Appear happy when playing with others
- Show a preference for a certain adult, teacher or parent
- Seek help from children/adults when necessary



Useful Strategies to Help Families Promote Resilience

All Resources below are located together on a special link, exclusively for attendees of this webinar!

<http://www.centerforresilientchildren.org/families>



1. Use Social and Emotional Lenses Every Day.

- Infant, toddler, and preschool routine based posters: www.ecmhc.org
- Infant Toddler Temperament Tool: www.ecmhc.org

2. Provide Calm Places and Soothing Activities for Children.

- *DECA Infant and Toddler Strategies Guide*: www.kaplanco.com
- *Promoting Resilience in Preschoolers: A Strategy Guide for Early Childhood Professionals, Second Edition*: www.kaplanco.com

3. Talk (and read, and sing...) about Feelings.

- Socially Secure, Emotionally Strong Feelings Photos: www.centerforresilientchildren.org/Families
- Feelings poster/games: www.csefel.vanderbilt.edu
- Emotion literacy: www.csefel.vanderbilt.edu
- Songs of Resilience: Three free ones here! www.centerforresilientchildren.org/Families

4. Invite a Child to Help.

- *Socially Strong, Emotionally Secure- 50 Activities to Promote Resilience*: www.centerforresilientchildren.org/Families

5. Plan Ahead of Change and Transition.

- *For Now and Forever: A Family Guide for Promoting the Social and Emotional Development of Infants and Toddlers*: www.kaplanco.com
- *Promoting Resilience For Now and Forever: A Family Guide for Supporting the Social and Emotional Development of Preschool Children, Second Edition*: www.kaplanco.com
- Social Stories: www.csefel.vanderbilt.edu

Don't forget... Standardized Screeners

- Devereux Early Childhood Assessment for Infants and Toddlers (DECA-I/T): <http://www.centerforresilientchildren.org/infants/assessments-resources/>
- Devereux Early Childhood Assessment for Preschoolers (DECA-P2), Second Edition: <http://www.centerforresilientchildren.org/preschool/assessments-resources/>
- Choose and Use for Screening Tools: www.ecmhc.org

And, Taking care of YOU!

- Devereux Adult Resilience Survey: www.centerforresilientchildren.org/Families
- Building Your Bounce, Simple Strategies for a Resilient You: www.kaplanco.com
- Stress and Relaxation tools and activities: <http://www.ecmhc.org/relaxation.html>

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