

Activities to Promote Resilience in Preschoolers

ATTACHMENT/RELATIONSHIPS

Attachment/Relationships refers to a child's ability to promote and maintain mutual, positive connections with other children and significant adults.



Hug and cuddle together.

Safe, loving touch can help you to build a bond with your child. When your child runs to you for a hug and you respond, it tells him that you think he is important. This can then help children cope with outside experiences like going to school for the first time, making new friends, or getting through a conflict. Try giving your child warm hugs throughout the day. You can also connect with a gentle pat on the back, holding hands, or smiling at each other.

Help your child make and keep friends.

Children do not always know how to play with others. Provide help by suggesting words to use. *“Ellen, you could say, ‘May I have a turn?’”*

Talk with your child about things she does well.

We all like to hear about something we have done well. Children also like to hear about their strengths. Try telling your child each day about several things you saw or heard him do that were positive. *“Milo, you picked Abuela’s purse for her. That was thoughtful. Did you see her big smile?”*

Devereux
CENTER FOR RESILIENT CHILDREN

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