

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?”*

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INITIATIVE

Initiative is a child's ability to use independent thought and action to meet his or her needs.

Involve your child in doing simple daily tasks.

Preschoolers can help set the table, make a bed, sort and fold laundry, or tear lettuce for a salad. Make sure that the task is one your child can do. For example, rather than expecting her to make the whole bed, let her tuck in the sheets or put the pillows on the bed.

Have fun together every day.

For example, take turns pushing each other on the swings at the park. Turn ordinary events into opportunities for fun, such as talking about favorite foods at the grocery store. Play games or sing songs in the car/bus or whenever your child has to wait. Play like you are four years old again! Your child will notice!

Find out what is special about your child.

Each child is special in his own way. Comment on his strengths: *"Jackson, you tell silly jokes that make me laugh!"*



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SELF-REGULATION

***Self-Regulation** is a child's ability to express emotions and manage behaviors in healthy ways.*



Talk about it later.

If your child acts out by having a tantrum, crying loudly, kicking, or throwing toys, wait until he is calm and then talk. Together, come up with ways your child can cope the next time he is upset. *“Ashton, you kicked your sister when she took your cars. It’s not okay to hurt her. Next time, you could give her some cars to use. Or maybe you have another idea.”*

Practice taking turns

For example, play catch or simple board games, and build in taking turns as part of family life. You could pass food around the table at mealtimes or have your children take turns choosing a book to read at bedtime.

Use warnings to help your child get ready for change.

Some children have a hard time going from one thing to the next, for example, from play time to lunch. Try giving a warning. *“In five minutes, we need to get ready for lunch.”*

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