

Activities to Promote Resilience in Preschoolers

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.

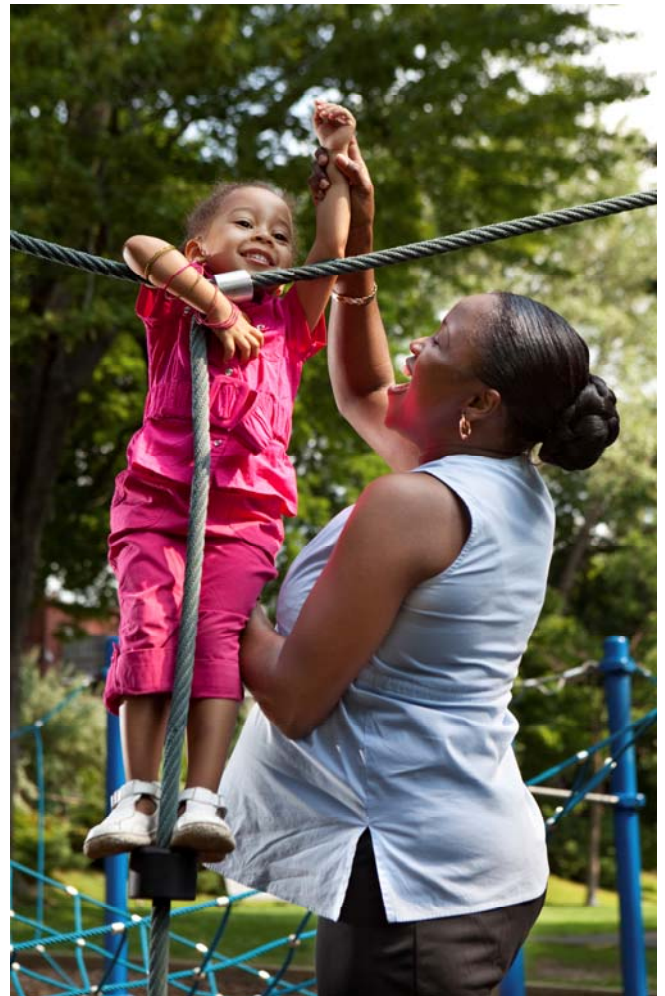
Preschoolers can help set the table, make a bed, sort and fold laundry, or tear lettuce for a salad. Make sure that the task is one your child can do. For example, rather than expecting her to make the whole bed, let her tuck in the sheets or put the pillows on the bed.

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!"*



Devereux
CENTER FOR RESILIENT CHILDREN

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