

Activities to Promote Resilience in Toddlers

SELF-REGULATION

Self-Regulation is a child's ability to gain control of bodily functions, manage powerful emotions, and maintain focus and attention (Shonkoff & Phillips, 2000).



Watch, wonder, and respond.

Listen and watch for the ways your child tells you he is hungry, tired, bored, wet, and so on. This will help you know how to respond. *“Oh, Joshua, you sound tired. Let me hold you for a while.”* As your child grows, he will learn to notice the signs in himself and will be able to get a snack, engage in a fun activity, or go to sleep when he is tired.

Accept mistakes.

Children make mistakes. Adults make mistakes. It is how we all learn and grow! Talk through mistakes with children: *“Andrew, you pulled yourself up and plopped back down. Let’s try again!”* or *“Paula, your juice spilled. Let’s get some paper towels to wipe it up.”*

Offer calm guidance.

Remain calm and supportive during your toddler’s struggles with independence: *“Karina, you want to take your animals for a ride in the wagon. We need to keep the wagon on the sidewalk.”* Then, comment when your toddler follows limits: *“Karina, you remembered to keep the wagon on the sidewalk when you walked your animals. Thank you.”*

Devereux
CENTER FOR RESILIENT CHILDREN

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