

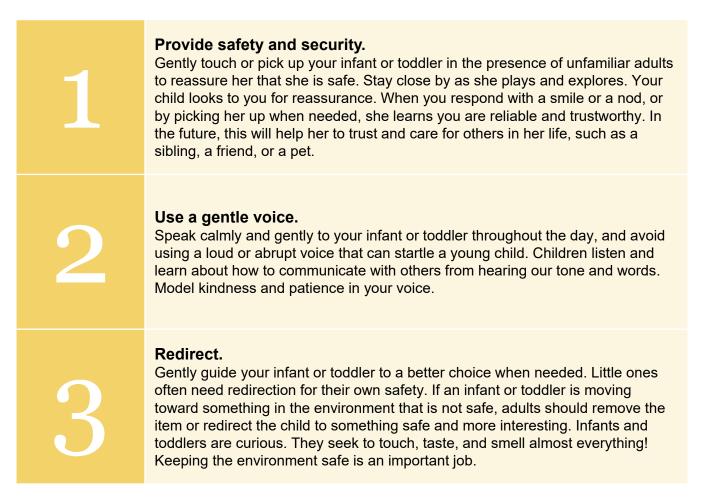
Activities to Promote Resilience in Infants and Toddlers



Focusing on the protective factor of Attachment/Relationships

AR

Attachment/Relationships refers to the ongoing, emotional connection a child builds over time with a familiar adult through nurturing interaction. Here are three ways that parents and families can help their infant or toddler build this protective factor.



Want to learn more about building the resilience of young children? Visit our website at <u>www.centerforresilientchildren.org</u> today!

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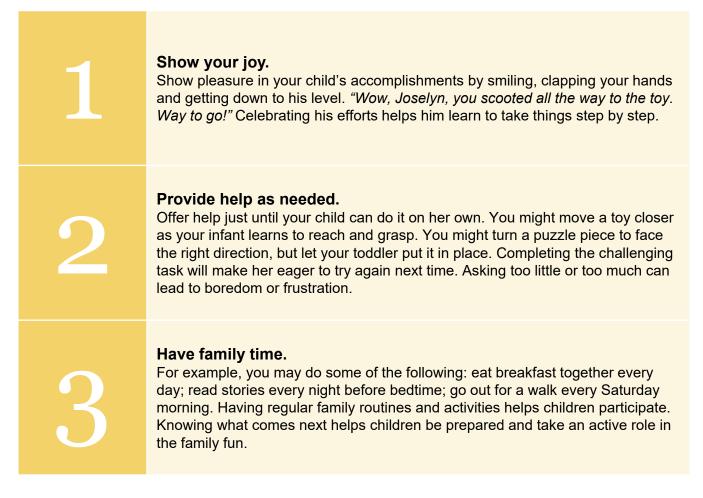
Activities to Promote Resilience in Infants and Toddlers



Focusing on the protective factor of Initiative

Initiative is a child's ability to use independent thought and/or action to meet his or her needs. Here are three ways that parents and families can help their infant or toddler build this protective factor.

IN



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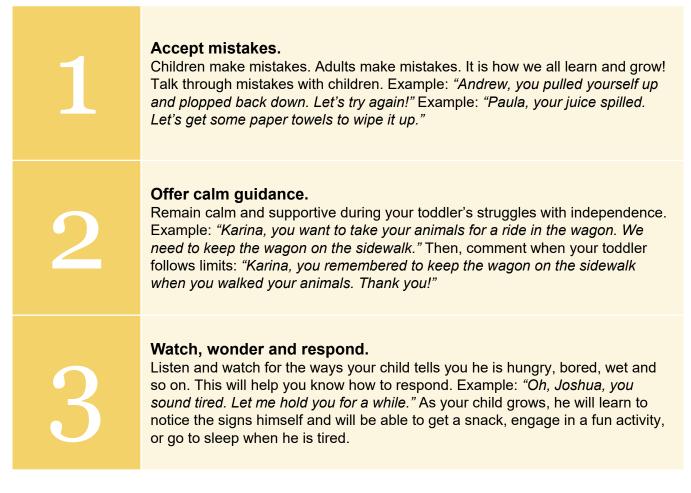
Activities to Promote Resilience in

Toddlers



Focusing on the protective factor of 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)*. Here are three ways that parents and families can help their toddler build this protective factor.



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