



Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Initiative

IN

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

1

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 just put the pillows on the bed.

2

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 wherever your child has to wait. Play like you are four years old again! Your child will notice.

3

Find out what is special about your child.

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

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