



Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Self-Regulation

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Self-Regulation is a child's ability to express emotions and manage behaviors in healthy ways. Here are three ways that parents and families can help their preschooler build this protective factor.

1

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. Example: *"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."*

2

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.

3

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 time. Try giving a warning or heads-up: *"In five minutes, we need to get ready for lunch."*

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