

## Rudee's Top 5 Favorite Resilience-Building Strategies for



# INFANTS

#1

### **WALK AND TALK**

Hold an infant in your arms while walking around, looking at and talking about things you see. "I hear birds singing. Do you hear the bird? The blue bird is singing up in the tree."

#2

### **RESPOND**

Respond to infants' coos, babbles, and single words by smiling, imitating their actions and talking with them. "Oh yes Josh, that is a big smile. Are you saying, Ba, Ba, Ba?"

#3

### **PROVIDE A SAFE BASE**

Gently touch or pick up infants in the presence of unfamiliar adults to reassure them that they are safe.

#4

### **WATCH FOR CLUES**

Closely observe infants to better understand why they might be crying. For example, infants may cry when they are tired, hungry, bored or upset.

#5

### **FLOOR PLAY**

Help infants develop a focused interest in play by showing enthusiasm and playing next to them. "Linda, you are putting the ball in and it pops out!"

Sources: *Infant and Toddler Strategies Guide, Promoting Resilience For Now and Forever*

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