Debbie's Top 5 Favorite Resilience-Building Strategies for Toddlers

#1 EXPLORE THE SENSES
Engage your toddler in play with things he can touch and explore, such as playing with water, silly putty, play dough, or finger paint.

#2 CREATE A FAMILY STORYBOOK
Use paper and markers or paint to create a family storybook. Point out and label the strengths of each family member.

#3 COZY CORNER
Create cozy, quiet spaces for your toddler to calm themselves, regain energy, and spend time with an adult. Have your child’s favorite comfort item available.

#4 REASSURE THEIR SAFETY
Toddlers can become aggressive when they feel frightened. Talk to your toddler about what seems scary. Acknowledge their fear and tell them you will keep them safe.

#5 SPECIAL ROUTINES
Create hello and good-bye routines such as singing a favorite song or giving a special butterfly kiss.

Source: DECA Program Infant and Toddler Strategies Guide
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