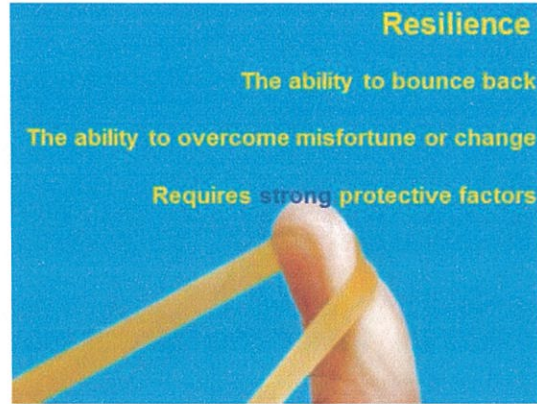
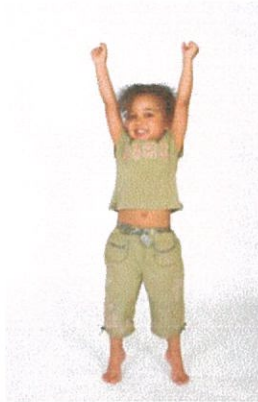


**Promoting Resilience
 in Children
 Birth through Five Years Old**

Karen Cairone & Mary Mackrain

Social Development
 interact and get along with others through relationships

Emotional Development
 express feelings about herself, others, and the situations she faces



Three Important Protective Factors related to Social and Emotional Health and Resilience

INITIATIVE
The child's ability to use independent thought and action to meet his or her needs

SELF-REGULATION
The child's ability to experience a range of feelings and express them in a safe and healthy way

ATTACHMENT/RELATIONSHIPS
The child's ability to promote and maintain mutual, positive connections with others

12 Strategies to Help Build Protective Factors

Initiative:

- 1) Invite Children to Help
- 2) Encourage Self-Talk
- 3) Role-Play Tough Situations
- 4) Scaffold – Let Her Try!

Self-Regulation:

- 1) Talk and read and sing about feelings
- 2) Plan ahead for transition and change
- 3) Provide calm places and soothing activities
- 4) Read Cues and Temperament Styles

Attachment/Relationships:

- 1) Personalize and Individualize
- 2) Follow your child's lead
- 3) Create peer-partners
- 4) Hug and cuddle

<p>Positive Guidance</p> <p>Infants → Safety</p> <p>Toddlers and Preschoolers → Limits, Consistency</p> <p>School-Aged Children → Problem-Solving</p> <p>Social and Emotional Skills Take Practice!</p>	<p>1. Celebrate your child's strengths.</p> <p>2. When your child "acts up," try to uncover the real reason for her behavior.</p> <p>Good Tips for All Ages!</p> <p>3. Do not let your child witness family violence. Do not let anyone physically abuse or hurt your child with words.</p> <p>4. Take care of yourself.</p>
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**And Don't Forget to... Take care of YOU!
Build Your Bounce!**