

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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