



# Activities to Promote Resilience in Infants and Toddlers

Focusing on the protective factor of Attachment/Relationships

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**Attachment/Relationships** refers to the ongoing, emotional connection a child builds over time with a familiar adult through nurturing interaction. Here are three ways that parents and families can help their infant or toddler build this protective factor.

1

## **Provide safety and security.**

Gently touch or pick up your infant or toddler in the presence of unfamiliar adults to reassure her that she is safe. Stay close by as she plays and explores. Your child looks to you for reassurance. When you respond with a smile or a nod, or by picking her up when needed, she learns you are reliable and trustworthy. In the future, this will help her to trust and care for others in her life, such as a sibling, a friend, or a pet.

2

## **Use a gentle voice.**

Speak calmly and gently to your infant or toddler throughout the day, and avoid using a loud or abrupt voice that can startle a young child. Children listen and learn about how to communicate with others from hearing our tone and words. Model kindness and patience in your voice.

3

## **Redirect.**

Gently guide your infant or toddler to a better choice when needed. Little ones often need redirection for their own safety. If an infant or toddler is moving toward something in the environment that is not safe, adults should remove the item or redirect the child to something safe and more interesting. Infants and toddlers are curious. They seek to touch, taste, and smell almost everything! Keeping the environment safe is an important job.

**Want to learn more about building the resilience of young children?  
Visit our website at [www.centerforresilientchildren.org](http://www.centerforresilientchildren.org) today!**