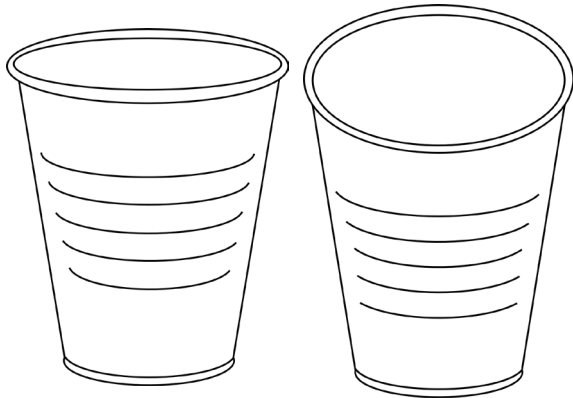


# The Path of Resilience



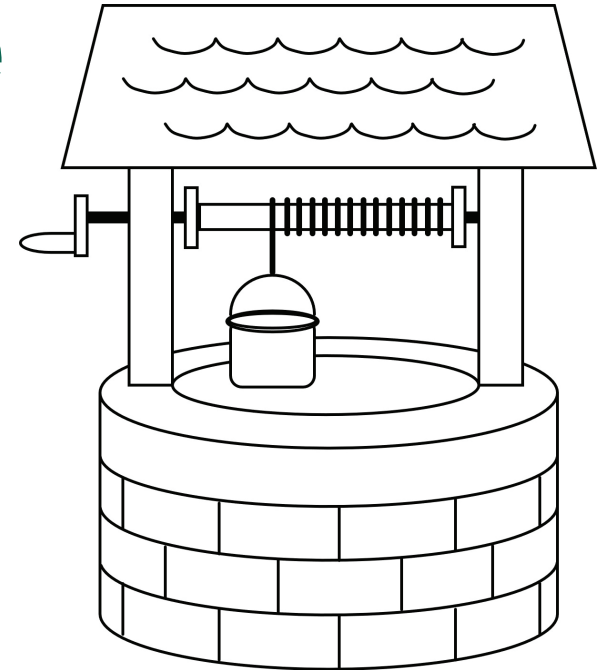
## The “Cups”

Children need support from all of the adults in their lives in order to build resilience and to develop, both socially and emotionally. Children are the “cups” waiting to be filled each day, in order for them to become resilient adults.



## The “Pitcher”

Resilient children need resilient adults. Adults working with and caring for young children can think of themselves as “pitchers.” Every day, adults pour and pour into the “cups” – the children. But as the famous saying goes, “you cannot give what you do not have.” So, it’s important for adults to focus on their own resilience and social-emotional health, in order to keep those pitchers full.



## The “Well”

Adults working with and caring for young children need support and guidance, too. Those in positions of leadership in the early care and education field who provide that support can think of themselves as the “well.” With the “pitchers” pouring and emptying out on a daily basis, there must be some way for them to be refilled. Serving as the “well” means that you focus on not only your own resilience, but that of your fellow caregivers.