



Activities to Promote Resilience in Infants and Toddlers

Focusing on the protective factor of Initiative

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Initiative is a child's ability to use independent thought and/or action to meet his or her needs. Here are three ways that parents and families can help their infant or toddler build this protective factor.

1

Show your joy.

Show pleasure in your child's accomplishments by smiling, clapping your hands and getting down to his level. *"Wow, Joselyn, you scooted all the way to the toy. Way to go!"* Celebrating his efforts helps him learn to take things step by step.

2

Provide help as needed.

Offer help just until your child can do it on her own. You might move a toy closer as your infant learns to reach and grasp. You might turn a puzzle piece to face the right direction, but let your toddler put it in place. Completing the challenging task will make her eager to try again next time. Asking too little or too much can lead to boredom or frustration.

3

Have family time.

For example, you may do some of the following: eat breakfast together every day; read stories every night before bedtime; go out for a walk every Saturday morning. Having regular family routines and activities helps children participate. Knowing what comes next helps children be prepared and take an active role in the family fun.

**Want to learn more about building the resilience of young children?
Visit our website at www.centerforresilientchildren.org today!**