



Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Attachment/Relationships

AR

Attachment/Relationships refers to a child's ability to promote and maintain mutual, positive connections with other children and significant adults. Here are three ways that parents and families can help their preschooler build this protective factor.

1

Hug and cuddle together.

Safe, loving touch can help you to build a bond with your child. When your child runs to you for a hug and you respond, it tells him that you think he is important. This can then help children cope with outside experiences, like going to school for the first time, making new friends or getting through a conflict. Try giving your child warm hugs throughout the day. You can also connect with a gently pat on the back, holding hands, or smiling at each other.

2

Help your child make and keep friends.

Children do not always know how to play with others. Provide help by suggesting words to use. Example: "Ellen, you could say something like, 'May I have a turn?'"

3

Talk with your child about things she does well.

We all like to hear about something we have done well. Children also like to hear about their strengths. Try telling your child each day several things you saw or heard her do that were positive. Example: "Mila, you picked up Abuela's purse for her. That was thoughtful. Did you see her big smile?"

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Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Initiative

IN

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

1

Involve your child in doing simple, daily tasks.

Preschoolers can help set the table, make a bed, sort and fold laundry, or tear lettuce for a salad. Make sure that the task is one your child can do. For example, rather than expecting her to make the whole bed, let her tuck in the sheets or just put the pillows on the bed.

2

Have fun together every day.

For example, take turns pushing each other on the swings at the park. Turn ordinary events into opportunities for fun, such as talking about favorite foods at the grocery store. Play games or sing songs in the car/bus, or wherever your child has to wait. Play like you are four years old again! Your child will notice.

3

Find out what is special about your child.

Each child is special in his or her own way. Comment on children's strengths. Example: "*Jackson, you tell silly jokes that make me laugh!*"

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Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Self-Regulation

SR

Self-Regulation is a child's ability to express emotions and manage behaviors in healthy ways. Here are three ways that parents and families can help their preschooler build this protective factor.

1

Talk about it later.

If your child acts out by having a tantrum, crying loudly, kicking or throwing toys, wait until he is calm and then talk. Together, come up with ways your child can cope the next time he is upset. Example: *"Ashton, you kicked your sister when she took your cars. It's not okay to hurt her. Next time, you could give her some cars to use. Or, maybe, you have another idea."*

2

Practice taking turns.

For example, play catch or simple board games, and build in taking turns as part of family life. You could pass food around the table at mealtimes, or have your children take turns choosing a book to read at bedtime.

3

Use warnings to help your child get ready for change.

Some children have a hard time going from one thing to the next, for example, from play time to lunch time. Try giving a warning or heads-up: *"In five minutes, we need to get ready for lunch."*

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