



Activities to Promote Resilience in Preschoolers

Focusing on the protective factor of Attachment/Relationships

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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?"

**Want to learn more about building the resilience of young children?
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