Debbie's Top 5 Favorite Resilience-Building Strategies for Toddlers

1. **EXPLORE THE SENSES**
   Engage your toddler in play with things he can touch and explore, such as playing with water, silly putty, play dough, or finger paint.

2. **CREATE A FAMILY STORYBOOK**
   Use paper and markers or paint to create a family storybook. Point out and label the strengths of each family member.

3. **COZY CORNER**
   Create cozy, quiet spaces for your toddler to calm themselves, regain energy, and spend time with an adult. Have your child’s favorite comfort item available.

4. **REASSURE THEIR SAFETY**
   Toddlers can become aggressive when they feel frightened. Talk to your toddler about what seems scary. Acknowledge their fear and tell them you will keep them safe.

5. **SPECIAL ROUTINES**
   Create hello and good-bye routines such as singing a favorite song or giving a special butterfly kiss.

Source: DECA Program Infant and Toddler Strategies Guide
Debbie Alleyne, M.S., is an Early Childhood/Child Welfare Specialist and National Trainer for the Devereux Center for Resilient Children.