

# Resilience Starts with YOU

## 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 “Cups”

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