

Rudee's Top 5 Favorite Resilience-Building Strategies for



INFANTS

#1

WALK AND TALK

Hold an infant in your arms while walking around, looking at and talking about things you see. "I hear birds singing. Do you hear the bird? The blue bird is singing up in the tree."

#2

RESPOND

Respond to infants' coos, babbles, and single words by smiling, imitating their actions and talking with them. "Oh yes Josh, that is a big smile. Are you saying, Ba, Ba, Ba?"

#3

PROVIDE A SAFE BASE

Gently touch or pick up infants in the presence of unfamiliar adults to reassure them that they are safe.

#4

WATCH FOR CLUES

Closely observe infants to better understand why they might be crying. For example, infants may cry when they are tired, hungry, bored or upset.

#5

FLOOR PLAY

Help infants develop a focused interest in play by showing enthusiasm and playing next to them. "Linda, you are putting the ball in and it pops out!"

Sources: *Infant and Toddler Strategies Guide, Promoting Resilience For Now and Forever*

Rudee Abello is the Marketing Coordinator for the Devereux Center for Resilient Children.



#1

#2

#3

#4

#5



Nefertiti's Top 5 Favorite Resilience-Building Strategies for



ADULTS

#1

GROW IN GRATITUDE

Take a few minutes each day to generate a mental or written list of two or three things that you are grateful for.

#2

MAKE TIME FOR A HOBBY

It is okay to take a little time for yourself every now and then.

#3

SPEND TIME WITH PEOPLE THAT BRING YOU JOY

Make time for fun and laughter and remember even a simple coffee date can be special because you are doing it with those you love!

#4

DO, DELEGATE AND STOP

There are many things in life we want to do, but there are only 24 hours in a day. Remember that you don't have to do everything. Some tasks can be delegated, some can be shared and others can wait.

#5

REST

Remember that the best bridge between despair and hope is often a good night's sleep. Without enough sleep, it is difficult to effectively deal with the stresses of daily living and this will directly impact our ability to be resilient.

Source: *Building Your Bounce: Simple Strategies for a Resilient You* Adult Resilience Journal
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