Resilience = Love + Care + Safe Learning Opportunities



WHAT WE CAN DO?

PRENATAL (Before Birth)

While you are

language.

pregnant, sing, talk,

and read to your

baby in your home

Gently touch or rub

your belly and tell

your baby that you

INFANTS (Birth to 17 months)

TODDLERS (18-29 months)

Allow your toddler to

try new experiences

and give them enough

time to problem solve.

Support your toddler

in learning new skills

instead of doing it for

them. E.g., how to feed

themselves. Praise

your child for trying.

PRESCHOOLERS (30-48 months)

FOR ALL AGES

Plan to take your child to an EarlyON Centre for other experiences.

Use specific praise so your child knows what they did that was positive. E.g., "Good tidying up" instead of "good girl".

You cannot spoil a child with affection.

Set your child up for success by having clear rules and tell vour child what is expected of them.

Let your child act out feelings through role play or storytelling.

Provide opportunities for independence by having your child

separate from you.

Join Parent/Caregiver and Child programs. have playdates with family and friends. register your child for an activity.

Ask your child for their help in household activities.

Show your trust in vour child even when things go wrong. E.g., "I know vou tried your best. We can try again tomorrow."

Teach relaxation skills

RESOURCES

BOOKS

Look at family pictures and talk about them with your child. Tell them your family stories.

I Am Every Good Thing by Derrick Barnes Homemade Love by bell hooks My People by Langston Hughes

SONGS

The Wiggles: Taba Naba Style! **Bounce Back**

VIRTUAL

Me Want It (But Me Wait)

I Smile You Smile by London Rhymes



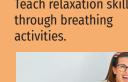
Soothe your baby and attend to their needs.

Infants often mirror parent/caregivers' emotions.

Encourage your infant to try new toys by showing excitement at their attempts. E.g., reaching for toys, rolling over.

Include toys from different cultures.

Expose your baby to different languages and cultures. E.g., through music, toys, folk tales, songs and cultural experiences.





DID YOU KNOW?

Resilience is a learned ability. Resilience can be taught from infancy.

We thank the team of dedicated professionals in the Etobicoke Brighter Futures Coalition that developed these IEMH Play Statements

All rights reserved by the EBFC

Feeling safe to try new things promotes the ability to deal with obstacles.