

Resilience = Love + Care + Safe Learning Opportunities

WHAT WE CAN DO?

PRENATAL (Before Birth)



While you are pregnant, sing, talk, and read to your baby in your home language.

Gently touch or rub your belly and tell your baby that you LOVE them.



INFANTS (Birth to 17 months)

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.**

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)

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 your child even when things go wrong. **E.g., "I know you tried your best. We can try again tomorrow."**

Teach relaxation skills through breathing activities.



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 your child what is expected of them.

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

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

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

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