

# Raising Resilient Kids

Resilience is a skill that helps us overcome challenges. We can provide young children with supports and skills to build this capacity, promoting success and wellness.



## Label Feelings

When your child is having difficulty expressing their feelings, help them name it. You might say, "you seem sad that they are not ready to share the toy with you."



## Anchor

Help your child feel calm themselves by taking deep breaths or counting to 5 with them. You might try blowing bubbles or finding another soothing activity.



## Be Curious

Help them engage in problem solving by asking questions. You might say, "I wonder what we could do while you're waiting for the toy?"