

Resilience for the Early Years

Resilience Competencies

Self-Regulation- The ability to regulate impulses, emotions, physiology, and behaviors to achieve goals and express emotions appropriately.

Self-Awareness- The ability to identify thoughts, emotions, and behaviors.

<http://csefel.vanderbilt.edu/resources/family.html>

The Center on the Social and Emotional Foundations for Early Learning (CSEFEL)

is focused on promoting the social emotional development and school readiness of young children birth to age 5. Family Tools include downloadable PDF files on a variety of topics including: Leaching your Child to Identify and Express Emotions, Teaching your Child about Feelings, and Respond to Your Child's Bite.

<https://pathways.org/topics-of-development/social-emotional/>

Pathways: Encouraging My Child's Social-Emotional Development - There are endless ways to help your child understand their thoughts and feelings. The best part? You can easily incorporate these tips into your family's daily life.

<https://sesamestreetformilitaryfamilies.org/>

Sesame Street for Military Families: Includes videos, games, and printable activities on a variety of topics related to military life and resilience.

<https://talkingisteaching.org/resources/social-emotional>

Talking is Teaching: Like all skills, social and emotional development takes nurturing. Check out our new resources for simple ways parents and caregivers can help foster children's healthy social and emotional development right from birth.

<https://www.weareteachers.com/social-emotional-activities-early-years/>

We Are Teachers: The most important skills we teach in the early years aren't academic, they're skills like kindness, sharing, and self-regulation. Here are some of our favorite social emotional activities for the early years.

<https://wedolisten.org/lessons>

We Do Listen: Videos, games and songs to help young children become better listeners, learn important life lessons and feel good about themselves. Children who learn these skills will grow up better informed to resolve conflicts and empowered to change the world.

<https://www.zerotothree.org/resources/357-building-resilience>

Zero to Three: Infants and toddlers have the power to cope with adversity. Learn how you can help them unlock their full potential.