



PROMOTE RESILIENCE IN CHILDREN FROM BIRTH TO THREE YEARS OF AGE

Following a stressful event, a child may go back to early behaviors such as thumb sucking, bed wetting, become clingy with caregivers, increase tantrums, etc. These behaviors are normal. Here are things you can do to help your child:

- Be calm and comforting. Very young children may not understand what is happening, but they know when caretakers are upset. Remain calm and manage your emotions first.
- Express love and reassurance both physically and verbally by holding, rocking, and by using soothing words that encourage the child to calm him or herself.
- Maintain normal routines (meals, bedtime, etc.).
- Allow children to ask questions
- Limit the time children see upsetting news stories.
- Let children know they are not to blame when bad things happen.

ACCESS CENTER HOTLINE

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