

# Building Resilience with Your Child

The early years play a crucial role in shaping children's health! Safe, stable, nurturing relationships and environments support children's healthy growth and development, grow their confidence and build resilience.

- ✓ Safe environments free of toxic stress are essential to promote independence and a feeling of security. A calm environment can make it easier to connect.
- ✓ Stability helps children know what to expect, helping to grow attachment and trust with their parents and caregivers.
- ✓ Love, care, and sharing positive experiences create a sense of belonging and support children in reaching their full potential!

## Take care of yourself so you can take care of those you love

**Be gentle with yourself.** There are so many pressures on parents and caregivers, and no one is perfect. Every day is a new opportunity to grow with your child and learn new things together.

**Take time for self-care.** This looks different for everybody. Find what works for you. Some ideas may include going on a walk, attending a community playgroup, connecting with others or finding some quiet time.

**It's okay to not be okay;** community support is here for you and your family when you need it. Visit [LakelandsPH.ca](https://www.lakelandsph.ca) to explore local options.

Resilience is staying healthy through challenges with support. It's influenced by things like genes, relationships, experiences, and our environment.



# Create Positive Childhood Experiences



## Approach interactions like a game of “catch”!

When your child starts to interact with you by vocalizing, looking, making gestures, and/or talking (the “throw”), get face-to-face and engage to show you are interested in what they’re doing (the “catch”). These back-and-forth interactions support positive brain and language development.

## Build routines when possible and find what works best for you and your child.

Reading together promotes language, healthy development, and builds connection with your child. Eating together, choosing less screen time, moving our bodies and prioritizing sleep are also helpful to feel our best.

## Come play!

Playing and having fun with your child gives them a chance to practice social skills like following simple rules and paying attention. It doesn’t have to be fancy or expensive! You can play chase, dance, build together, sing and share nursery rhymes or even use things from around your house like paper towel tubes or boxes to enjoy time together.

For child development resources and the Smart Start Hub, please visit  
**Five Counties Children Centre:**



1-888-779-9916 x 100

[fivecounties.on.ca/smart-start-hub](http://fivecounties.on.ca/smart-start-hub)



For parenting tools and community supports, please visit  
**Lakelands Public Health:**



1-844-575-4567

[LakelandsPH.ca](http://LakelandsPH.ca)

