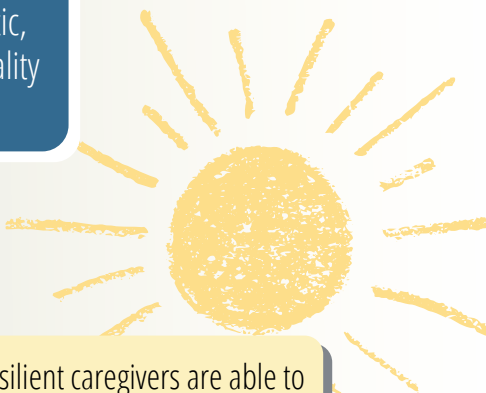




TRAUMA-RESPONSIVE CARE

Resilience is the ability to overcome serious hardship and bounce back.

Resilience is not a fixed characteristic, attribute, or personality trait.



Resilient caregivers are able to provide responsive and nurturing infant and toddler care.

Fostering Infant and Toddler Caregiver Resilience

Resilience is the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress.

Stress, trauma, burnout, and fatigue can influence the care we provide for babies and toddlers.

Self-care, reflective practice, mindfulness, and other wellness strategies can strengthen infant and toddler caregiver resilience.



 **Relationships**

Mutual, long-lasting, reciprocal bonds with others

 **Internal Beliefs**

Feelings and thoughts we have about ourselves

 **Initiative**

The ability to make positive choices and act upon them

 **Self-Control**

The ability to experience a range of feelings and express them in a healthy manner