



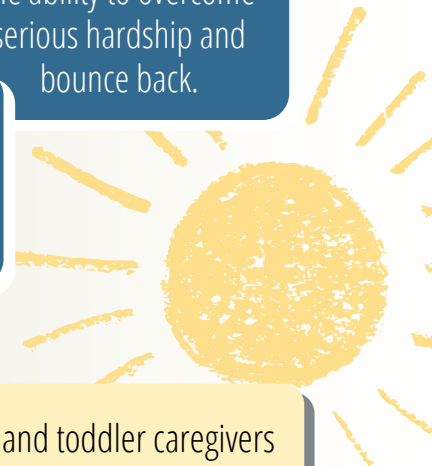
# TRAUMA-RESPONSIVE CARE

## Supporting a Path to Resilience for Infants and Toddlers

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

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

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



Trauma can affect **all** areas of development.

**Resilience** can be **strengthened** through protective factors.

Infant and toddler caregivers can **promote resilience and healing** in babies and toddlers.

### Caregivers can support protective factors in infant and toddlers by doing the following:

#### Protective Factors

**1** Forming warm and nurturing relationships and strong attachments

- Holding, comforting, and staying close by while playing or exploring
- Smiling and using a calm, gentle, reassuring voice and tone

**2** Promoting initiative or the ability to use independent thought and action to have needs met

- Showing pleasure and celebrating accomplishments, and providing help and encouragement
- Creating calm, positive, and predictable routines
- Providing opportunities for exploration and discovery

**3** Supporting self-regulation (toddlers) or the ability to actively control arousal, manage powerful emotions, and maintain focus and attention

- Offering calm guidance, acknowledging intention, and recognizing emotions



CHILD CARE

State Capacity Building Center