

TYPICAL DEVELOPMENT

0 - 3 Months

Calms or quiets to a soft, loving voice

3 - 6 Months

- Shows emotions like happiness, anger, sadness, fear, and surprise
- Begins to show an attachment to favorite adults

6 - 12 Months

- Shows fear when seeing a strange object, animal, or person
- Imitates others

12 - 24 Months

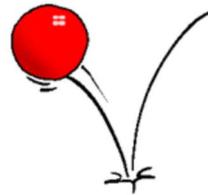
- Begins to see self as separate from parents or caregivers
- Becomes upset and has tantrums more often

24 - 36 Months

- Begins to follow rules
- Shows more independence

RESILIENCE

**Resiliency is the ability to
“bounce back”
Resiliency = flexibility and
inner strength**



Why is Resiliency Important ?

Resiliency helps children
learn coping skills and
find solutions to problems



HOW CAN I TEACH MY CHILD TO BE RESILIENT?

- Help them develop their emotions



- Form strong, loving attachments
- Be aware of their temperament (how they react to the world)

THREE TEMPERAMENT TYPES

1. The Easy or Flexible Child
(about 40% of most groups of children)
2. The Difficult or Feisty Child
(about 10% of children)
3. The Slow-to-Warm-Up or Fearful Child
(about 15% of children)



- Encourage your child to reach out to other children to make friends

