

Paul J. Donahue, Ph.D.
6 Palmer Ave., Scarsdale, NY 10583
914/723-2929
pjd@drpauldonahue.com

Building Resilience and Reducing Stress in Young Children

Resilient children have **Healthy** habits (they eat and sleep well, and exercise regularly), they know how to **Play** creatively and use their imagination, they have strong ties to **Family** and friends, and are capable of slowing down and being **Mindful**.

Tips for Parents:*

1. Establish Healthy Sleep Patterns
2. Preserve Family Meal Time
3. Have Outdoor Play Time Every Day
4. Leave Plenty of Time for Unstructured Play
(and Choose Organized Activities Wisely)
5. Play Board Games as a Family
6. Build in Alone Time (without Electronics)
7. Spend More Time in Nature
8. Encourage Reading and Listening to Books

*Drawn from *Parenting Without Fear* (St. Martin's Press, 2007), by Paul J. Donahue, Ph.D.