



## Protecting Your Child From Toxic Stress

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### Supporting My Child's Ability to Bounce Back

*How I like to support and protect my child when:*

- My child is startled by a noise or seems scared
- My child has fallen down or received a shot at the doctor and they are hurt or upset
- My child feels restless, lonely, or bored
- My child is excited about something they have done, like taking a first step or kicking a ball
- My child experiences frustration as they play with a toy or learn something new

*Protective experiences I provide to support my child's ability to bounce back are:*

- Establish consistent routines
- Encourage supportive relationships
- Make time for play
- Do self-care activities together



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## Story Time Joy

*What my child/I liked best about this activity:*

*Ways I can support my child to keep the play going:*

*I used **The 4 Me's™** when:*

### How to Do This Activity:

1. You can complete this activity using any household or creative supplies you have on hand. As you follow the steps, remember to refer to **The 4 Me's** to practice the skill you're most interested in exploring with your child. For example, you might focus on **Encourage Me** by keeping the interaction going or saying positive things about them and your relationship with them.
2. Find a comfortable spot to share a story with your child. You might choose to look at a book, say a rhyme, sing a song, tell a story from your culture, or make up your own tale. As you share the story, watch for what captures your child's attention and follow their curiosity.

As you enjoy this activity with your child, you **MIGHT**:

- » Describe what you see, talk about characters, events, and pictures with your growing baby while you wait for a response,
- » Invite your infant to select a book that interests them, turn, and count the pages, repeat words, use other voices, or do actions from the story,
- » Talk about a character's feelings with your toddler or ask them what they think will happen next,
- » Snuggle up close with your child and enjoy the same story multiple times, or
- » Encourage your child to retell parts of the story or join them in acting it out or use stuffed animals or toys.

