

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Mindfulness Activity: 4, 5, 6 Breathing

Deep, belly breathing is a great way to restore calm when we are feeling stressed. Take a deep inhale down into your belly and a full exhale through the mouth.

Now breathe in through your nose for a count of four

Hold your breath for a count of five

Breathe out for a count of six.

Repeat this deep breathing three times.

Notice how you feel—physically and emotionally—after breathing



Source: <https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

Taking Care of You!

may not seem like doing chores are good ways to take care of yourself. After all, you might feel like cleaning up and running errands is all you do sometimes. On the other hand, checking something off your to-do list that has been bothering you can free up a lot of mental energy. Whether it's scheduling an appointment for yourself or finally cleaning that messy cabinet, consider doing something on your to-do list that will give you a sense of relief and a feeling of accomplishment.

Source: <https://www.verywellfamily.com/self-care-for-parents-4178010>

Daily Activity

Floating Catch



Get it! Gentle games of catch give babies a thrill — and help develop their hand/eye coordination. Gather some lightweight, colorful scarves and toss them in the air so that they float down in front of your baby and she can attempt to grab them. If you don't have scarves, you can use non-toxic bubbles in your game of catch.



Source: <https://www.familyeducation.com/fun/activities-babies/its-playtime-baby-12-simple-developmental-activities-try-your-tot>

Read with Me!

Recognize and appreciate your child's efforts to use new words or emergent sign language. Assume your child has something important to say and listen carefully.

Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-0-9-months/>



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Southeast Alaska Association for
the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment



PARTNERSHIPS
for families & children

thread

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