



Southeast Alaska Parent Tips

~Infants~



Mindfulness Tip of the Day

Formal Five Breaths - Five Senses Meditation

This daily meditation is intended for you to practice while your baby is sleeping or is being cared for by someone else. To begin, bring your awareness to your breathing. Breathe in and out five times. Focus your attention to what you can hear around you, and stay with that attention for five breaths in and out. Return to your breathing for five counts. Next, bring your attention to what you see for five breaths. Return your breathing for five breaths. Then, move your awareness to what you taste for five breaths. Return to your breathing for five breaths. Shift your awareness to what you can smell for five breaths. Return back to your breathing for five breaths. Now, move your attention to physical sensations (what you can feel) for five breaths. End with your focus back on your breathing for five final breaths. Pause and notice how you feel.

Source: <https://www.lamaze.org/Giving-Birth-with-Confidence/GBWC-Post/mindfulness-practices-help-regulate-you-and-your-baby-1>

Taking Care of You!

Schedule Time With Friends or Family Maintaining your social connections is an integral part of self-care. However, it can be difficult to find time to see friends and family, especially if the activities don't involve the kids and especially now. Try scheduling with your friends and family a time to connect on Zoom, Google Hangouts,

FaceTime, or even a simple phone call. If you schedule a future social activity for yourself, it gives you something to look forward to (which can be a good self-care strategy in itself). Then, actually engaging in social activity will give another boost to your psychological well-being.

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

Daily Activity

Cupboard Fun



If your baby is on the move, he's surely curious to raid your cupboards. Instead of making them all baby-proof, leave one designated for play — it's a great way to allow some controlled exploration in the kitchen. Put some pots, pans, wooden spoons, and other safe objects within their baby's reach so that he can entertain himself while Mom or Dad is busy in the kitchen. You probably have a talented little drummer on your hands! Before you know it, baby will be stirring up imaginary meals, modeling his parents.



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

Read With Me!

Explain what daily routines are being done so words are linked with the actions as they occur ("I'm washing your face and hands"). Tell your child what you think they're saying with their gestures or expressions.



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