

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Multi-sensory Experiences With Your Infant

Practice the Five Breaths - Five Senses Meditation while your baby is in the room. Don't tune your baby out, but rather notice when and where the direction of your attention tends to wander.

Turn sensory-experiences into bath time rituals. Scan through all of your senses while imagining the experience your baby must be having.

Make daily baby massage a ritual and use aromatherapy to stimulate smell for both you and baby. Incorporate singing and eye gazing into the ritual.

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

Taking Care of You!

Make exercise part of your daily routine. If you have young children, put them in a stroller or let them ride their bikes alongside you. And if your kids are older, make a point of playing with them in ways that get your bodies moving. For example, go outside and play tag or soccer, or — if your kids enjoy video games — play one together that involves movement, like Just Dance or Wii Sports.



Source: <https://www.verywellfamily.com/self-care-for-single-moms-and-dads-4121243>

Daily Activity

Singing

Try singing to your child or listening to music together. Next time your little one is having a meltdown or resisting a nap, sing them a lullaby in a soothing voice. Don't remember any of the classics? No problem—you can find song lyrics online or just make up your own.



Source: <https://www.parents.com/baby/development/growth/11-simple-activities-for-babies-0-to-6-months/>

Read with Me!

Play and interact face to face to encourage your infant to watch your face, body language and facial expressions to model and encourage turn taking (wait for the child to make a sound or movement or expression). Introduce simple baby games (Peek-a-boo, Pat-a-cake).

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

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United Way
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