

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Eye Gazing Exercise

Eye gazing is a powerful bonding experience. It's more than just looking at someone in the eyes. When you look into your child's eyes and are able to see your reflection in them, you have really seen your child and you've allowed them to see you. Make this part of your daily routine. Marvel at who you are through the eyes of your child. This exercise becomes a lot more fun as they grow older. When you ask them to find a picture of themselves in your eyes one day, they will say "I see me in your eyes!" It sets the tone for eye contact for future conversations and once your child discovers their reflection in you, they will forever seek it out. To strengthen your own self-awareness, try it on yourself in a mirror. Can you see your own reflection?

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

Taking Care of You!

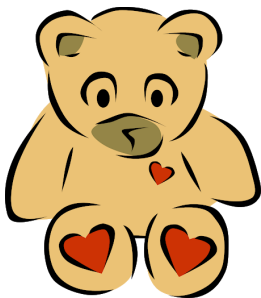
Join a Book Club

A book club can serve several purposes. Joining a book club that meets in person will help you have regular social interaction, it will motivate you to set aside time to read, and it can help you have something to look forward to each week. If you aren't aware of any local book clubs, contact your library. They may host book clubs or they may be able to help you find one in your community. Use Zoom or Google Hangouts to connect. Or if groups aren't your thing, simply enjoy a good book all on your own!

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

Daily Activity

Tracking



Try using a small, soft, colorful toy, like a sponge ball or stuffed animal to help your child with their visual development. While your baby is lying on their back, hold the toy in front of their face and, if needed, wiggle it slowly or gently touch them with it to get their attention. Then move the toy from side to side, and encourage your child to follow along with their eyes.

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

Read with Me!

Expand on your child's attempts to use words (child says "Baba," you say, "yes, here is the bottle" or "your bottle is empty" and combine words with signs). Respond to your child's use of gestures and "signs" by using the word ("I see you want 'more'").

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

United Way
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Partner Agency