

# Southeast Alaska Parent Tips

## ~Infants~

### Mindfulness Tip of the Day

#### Daily Intention-Setting

Before going to bed each night, or upon waking in the morning, mentally sketch a plan for the day ahead of you. Decide who you want to be, how you want to be with yourself, and how you want to be with your family. Do you want to feel rushed or at ease? How can you plan for smooth transitions? Plan without expecting perfection and remember to stay flexible when things don't go exactly as planned (which is almost always). When bumps in the road arise, and they always do, notice and accept them with compassion, then try and gently return home to your five senses. Regulated parents can help regulate their children. It isn't always easy, but it is possible and it is worth it.



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

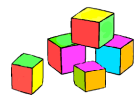
### Taking Care of You!

#### Art

While your child is resting, why not explore some art. Coloring, painting, or even doodling is a fun, creative way to give your mind a break. Just remember, you do not need to be good at art to enjoy making art!

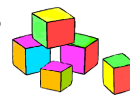


Source: <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>



### Daily Activity

#### Dancing



Put on one of your favorite songs and, while holding your baby securely to your chest, gently move around together in time to the music. This will help improve your child's listening skills. This also encourages an interest in music and strengthens bonding with the parent, which is important for emotional development.



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

### Read with Me!

Interact with your child while they play with toys, books, and pictures. Tell your child stories, sing songs, and repeat rhymes from your child's own culture and language while cradling them in your arms.

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



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