

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Skin to Skin Contact



Skin-to-skin contact is a great way for both you and your child to bond and take a moment to breathe. Having your baby lying on your chest in skin-to-skin contact causes you to release oxytocin which calms you down and promotes bonding. Take a moment to enjoy the smell of your little one. Focus on their breathing and your own. How does it feel to be in this moment together?

Source: <https://www.essentialparent.com/lesson/social-emotional-development-of-babies-1983/?continuity=6551>

Taking Care of You!

Other Adults

Schedule time each day to talk to another adult. Spend time with friends when you can. It is a bit hard right now, try face time apps or a phone call. Rekindle friendships that maybe tapered off.



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

Daily Activity

Peekaboo

Materials needed: Small toys or books, blanket

What to do: Place a toy or book under a blanket, leaving part of the object showing. Then ask your baby, "Where is it?" and encourage them to look for it. Babies will usually grab it and dig under the blanket. If your baby doesn't that is fine too! Try to remove and then replace the blanket.

An oldie but a goodie. Of course your hands and face work great too!

Variations: After your baby has mastered finding a partly hidden object, move on to hiding it completely under the blanket.

Source: <https://www.parents.com/baby/development/growth/11-fun-activities-for-babies-6-to-12-months/>

Read with Me!

Talk about what your child wants when he/she points to something.
Talk through your actions throughout your families daily routines.

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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