

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day Experiment



Try different ways to soothe your baby and find out what is helpful. They might be comforted if you try to recreate a whooshing sound, like what they heard in your womb, or by movement. Some babies are soothed by a trip in the car, some by the sound of the vacuum cleaner, others love to have you sing to them. But remember what works today might not work tomorrow, or even the next moment. Be open to what helps in the present moment.

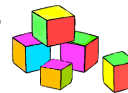
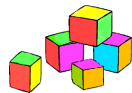
Source: <https://www.motherandbaby.co.uk/baby-and-toddler/baby/why-is-my-baby-crying/mindfulness-techniques-to-help-you-and-your-baby-cope-with-crying>

Taking Care of You! Intention Setting

Every morning when your alarm goes off, or shortly after your child wakes you, spend one minute in bed deciding what you are going to do for yourself that day. Start small – promise yourself just 15 minutes a day. You'll soon see the rewards (for yourself, and your family) of a little bit of "me time."

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

Daily Activity Infant Massage



What to do: When your baby is in a quiet and alert state, undress them down to their diaper and lay your baby faceup on a soft towel or blanket in a warm, quiet room. Working in sections as their tolerance allows, gently but firmly stroke their legs, arms, and belly.

Skills learned: Body awareness, bonding



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

Read with Me!

Introduce simple sign language along with spoken word. Interpret and give meaning to what your child says ("You are saying 'baba.' Do you want some water?").

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
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