

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Talk with your Baby

Spend lots of time in face-to-face contact. When you talk to your baby they may look intently at your face and will respond by moving or smiling or making a noise. This is called 'serve and return' and is a really important way you can support your baby's emotional and social development in the early months before your baby can talk to you. Pay attention to how your baby responds and work to be present in that moment. How do you feel when you talk to your baby and they respond?



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

Taking Care of You!

Eating Healthy

Eat right: food affects mood, so try to cut down on sugars and processed foods. Just remember frozen fruits and veggies are just as healthy as fresh. Plus, they last longer!

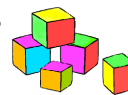


Source: <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>



Daily Activity

Stacking



Materials needed: Plastic measuring cups or blocks

What to do: Take turns stacking the cups and knocking them down. You can also have a "race," where you both stack cups at the same time.

Skills learned: Understanding cause and effect, fine motor skills



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

Read with Me!

Use a variety of words to describe things to increase your child's vocabulary ("This is a dog. This kind of dog is a Labrador.").

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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