

# Southeast Alaska Parent Tips

## ~Infants~

### Mindfulness Tip of the Day

Practice being mindful while holding your baby.



If your baby begins to cry while you hold them, notice how this makes you feel, as well as any thoughts about the future, such as “how long will this last?” or “I don’t know what to do.”

Feel the feelings, as unpleasant as they might be, and return to the breath. By working at being with your breath, your body may become an anchor for the baby to find calm in the present moment.

Source: <https://www.nytimes.com/2017/06/01/well/mind/how-to-be-mindful-holding-a-baby.html>

### Taking Care of You!

Whether you find classical music soothing or you prefer to dance to some 80s tunes, listening to music can be a great way to take care of yourself. You don’t necessarily need to set aside a special time to listen to music. Turn it on while you’re feeding your little one or listen to your favorite song while you’re getting ready for the day. It’s a simple thing that can go a long way toward boosting your mood and helping you feel ready to tackle whatever life throws your way.



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

### Daily Activity

#### Testing Out Textures



As your baby begins to scoot and crawl, try laying rugs, blankets, or items with different textures on the floor for him to explore as he travels across them. Nubby carpet remnants, sticky contact paper, and noisy bubble wrap are just a few ideas. Also, carry your baby around and help him feel the textures of different surfaces in your house, such as a smooth wood floor or a rough brick wall.

Source: <https://www.familyeducation.com/fun/activities-babies/its-playtime-baby-12-simple-developmental-activities-try-your-tot>

### Read with Me!

Create opportunities for your child to select books that they are interested in. Read and re-read your child’s preferred text with them.

Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-0-9-months/>

