

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Bonding



Having a baby can cause stress and sleep deprivation, especially now. Low mood is very common but the good news is that spending lots of time bonding with your baby is very good for your mental health. Instead of trying to keep on top of the housework and rushing around to lots of social engagements and events it can really help to go slow and keep things simple and realize that bonding with your baby is your most important job.

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

Taking Care of You!

Create a Cuddle Zone

Make a cozy spot – make a blanket fort with your kids and climb in it with them (resting and hiding and giggling).



Source: <https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>

Daily Activity

Puzzles



Materials needed: Wooden puzzles

Try putting together large wooden puzzles with your child. Show them and tell them first how the colorful puzzle works. You may need to guide your child's hands. Be sure to clap and cheer each time your child is successful.

Skills learned: Problem solving, fine motor skills, visual skills

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

Read with Me!

Hold baby and read a variety of books while your baby/ child is interested. Create accessible, cozy spaces to keep books and include attractive books that are not tattered or torn. Include stuffed animals, comfortable seating and pillows to invite in children.

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

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United Way
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