

# Southeast Alaska Parent Tips

## ~Infants~

### Mindfulness Tip of the Day

Practice being mindful while feeding your baby.



While feeding your baby, it may be tempting to watch TV, check email, or play on your smartphone, but it's also a great time to focus on the baby or focus on your breathing by simply paying attention, on purpose to your breath.

Source: <https://www.huffpost.com/entry/motherhood-mindset-three-ways-to-practice-mindfulness-with-your->

### Taking Care of You!

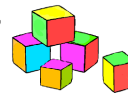
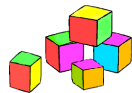
Try writing a gratitude journal! Studies show people who keep gratitude journals sleep longer and experience higher quality sleep (something every parent could use). The best part is, writing in a gratitude journal only takes a few minutes of your time and it doesn't cost you any money. Before you go to sleep, jot down three things you're thankful for. Your list might include simple things, like a sunny day, or it may include big things, like being able to get a debt paid off. Either way, simply reminding yourself of the things you have to be grateful for can help you feel good about life.



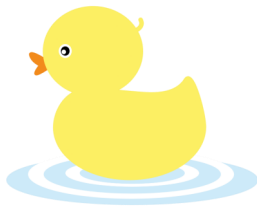
Source: <https://www.verywellfamily.com/self-care-for-parents-4178010>

### Daily Activity

#### Water Play



Splish splash! You don't have to save water play for bath time: Fill a small plastic tub with water and various squirty toys, plastic cups, kitchen ladles, and other items that you and your tot can use to make a splash. Non-toxic bubble bath adds another fascinating element to water play. Just remember never to leave your baby unattended near water, even for a moment.



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

### Read with Me!

Follow your baby's lead while lap reading. Allow your child to flip through the pages as you enjoy book time together. Create short and repetitive stories as you read together to match your child's attention span. Don't worry about reading all of the text.

Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-9-18-months/>



**seaaeyc**

Southeast Alaska Association for  
the Education of Young Children



**BEST BEGINNINGS**  
Alaska's Early Childhood Investment

**PARTNERSHIPS**  
for families & children

**thread**

**United Way**  
United Way of Southeast Alaska  
Partner Agency