

Southeast Alaska Parent Tips

~Infants~

Mindfulness Tip of the Day

Walking together

Try going for a mindful walk and carry your baby in a sling or front carrier. Feeling your baby's warmth, smelling his sweet scent, and looking down often to make eye contact with them can help you bond. You can talk to your child about what you see as you walk.



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

Taking Care of You!

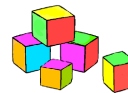
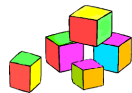
On a single piece of paper, write down 3 things that are weighing on you, stressing you, or bothering you; put a dash after each one with a single action-step that may help relieve it.



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

Daily Activity

Reading



Materials needed: Board or cloth picture books
What to do: Regularly read books to your baby, pointing to the pictures as you read and engaging her by changing your voice for different characters. Invite your little one to participate by encouraging her to laugh or act surprised by the story, touch the pictures, and turn the pages.

Skills learned: Language development, listening skills

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

Read with Me!

Share books together, following your baby's lead to flip through pages and simplifying story as needed. Keep language and sounds simple, watching for your baby's interest and understanding.

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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Partner Agency