

# Southeast Alaska Parent Tips ~Preschooler~

## Mindfulness Tip of the Day

### Three Things in Common

When we have a disagreement or misunderstanding with someone (or if they simply get on our nerves), we acknowledge our feelings and think of three things we have in common with that person. Think of someone whom you've had a disagreement with or who gets on your nerves. How do you feel about him or her? How do you think he or she feels about you? Quickly name three things you have in common. Remind your children that the people we love most might also be the ones who annoy us the most. This can be remarkable, helpful shift in perspective for children who have siblings that get on their nerves.



Source: Mindful Games: Activity Cards, by Susan Kaiser Greenland with Annaka Harris

## Taking Care of You!

Make exercise part of your daily routine. If you have young children, put them in a stroller or let them ride their bikes alongside you. And if your kids are older, make a point of playing with them in ways that get your bodies moving. For example, go outside and play tag or soccer, or — if your kids enjoy video games — play one together that involves movement, like Just Dance or Wii Sports.



Source: <https://www.verywellfamily.com/self-care-for-single-moms-and-dads-4121243>



## Daily Activity Music



Try free play with instruments real, found or homemade. Have you noticed your child can make sounds with anything? This is the time to let them bang away! Utensils, hands, or feet can drum a beat. Put dried beans, paper clips, or coins in paper, plastic or cloth bags to make shakers. Make a drum out of an old coffee can. And don't forget to sing along! Older kids may enjoy learning beats, following along to favorite songs or making up their own songs. Record their music and play it back for added delight!

Source: <https://www.parentmap.com/article/25-indoor-play-activities-from-a-preschool-teacher>

## Read with Me!

Share simple joke books with your child. Create opportunities to use humor together. Play games that use the body to tell a story or express an idea (mime or charades).



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-36-60-months/>