

Southeast Alaska Parent Tips ~Preschooler~

Mindfulness Tip of the Day

Pinky Pointing

We point a pinky finger—up, down, and to the side—to help us notice how we're feeling and communicate it to others. Talk with your child how we can feel a lot of different ways—sometimes we feel happy, sometimes sad, sometimes tired, sometimes excited—and these are all natural feelings. There's no right or wrong way to feel and our feelings change.

Have you and your child take a deep breath and notice how you each are feeling right now. Ask yourself and your child questions and share the answers by pointing your pinkies. "Is it easy to sit still right now, or hard?" If it is easy point your pinky to the ground, in-between the side, and if it is hard the sky. Keep asking questions to help you and your child notice how you each are feeling. There is no wrong answer!



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

Taking Care of You!

Join a Book Club

A book club can serve several purposes. Joining a book club that meets in person will help you have regular social interaction, it will motivate you to set aside time to read, and it can help you have something to look forward to each week. If you aren't aware of any local book clubs, contact your library. They may host book clubs or they may be able to help you find one in your community. Use Zoom or Google Hangouts to connect. Or if groups aren't your thing, simply enjoy a good book all on your own!

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



Daily Activity Shapes



Help your child learn their shapes by tracing common household items. Turn over a cup to make circles, and trace your cell phone for rectangles. Hunting is part of the fun. Kids may want to decorate their shapes, cut them out and glue them on to larger paper for fancy art projects. See if you can make animals out of the shapes. The possibilities are endless!



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

Read with Me!

Read wordless picture books so your child can tell the story. Ask open-ended questions ("Why do you think ...?" "What do you think will happen if ...?" "What if ...?"). After your child answers, repeat the answer in a complete sentence or sentences.



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-36-60-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
United Way of Southeast Alaska
Partner Agency