

Southeast Alaska Parent Tips

~Preschooler~

Mindfulness Tip of the Day

Hello Game

We take turns saying hello to each other and noticing the color of each other's eyes to help us focus and practice making eye contact.

When looking into someone's eyes, we sometimes feel strong feelings—we might feel shy, embarrassed, excited, or happy. And we might feel different every time we do it. Try it together. Go first for your child and say hello while maintain eye contact.

EX: "Hello, Sara—your eyes look brown."

Then have your child go. How did it feel?

Try the activity again, do you both feel the same or different?



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

Taking Care of You!

Other Adults

Schedule time each day to talk to another adult. Spend time with friends when you can. It is a bit hard right now, try face time apps or a phone call. Rekindle friendships that maybe tapered off.



Source: <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>



Daily Activity

Coin Sorting



Be sure to wash the coins before hand! Try using glass bowls to make this activity sensory. Place coins together in a central container with four separate bowls. Have your child then sort the coins into the different bowls.

Source: <https://www.fantasticfunandlearning.com/puddle-jumping-sight-word-game.html>

Read with Me!

Ask questions that encourage your child to use vocabulary to express complex or abstract ideas ("What would this look like if ...?").



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