

Southeast Alaska Parent Tips

~Preschooler~

Mindfulness Tip of the Day

Butterfly Body Scan

With help from an imaginary butterfly, we move our attention from one part of our body to another. Sit or lie down with our child and close our eyes. Breathe normally, noticing how it feels to breathe in and out. Imagine a butterfly that's as light as a feather. It can be any color you want. Take a moment and picture the butterfly in your mind.



Together pretend the magic butterfly lands and rests on different parts of your bodies.

When it lands, that part of your body feels relaxed and pleasant. Start with your foreheads and slowly make your way down to your toes relaxing your bodies together.

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

Taking Care of You!

Intention Setting

Every morning when your alarm goes off, or shortly after your child wakes you, spend one minute in bed deciding what you are going to do for yourself that day. Start small – promise yourself just 15 minutes a day. You'll soon see the rewards (for yourself, and your family) of a little bit of "me time."

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

Daily Activity

Puddle Jump



Take paper plates or paper and paint them blue with your child. Cut out puddle-looking shapes and write letters or words your child is working on learning. Then make it a game. Call out letters or words and have your child jump from puddle to puddle. A fun, active way to learn letters and words!

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

Read with Me!

Pause videos or TV periodically and discuss together what is being viewed.



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