

# Southeast Alaska Parent Tips

## ~Toddlers~

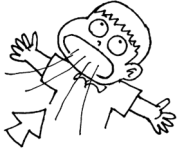
### Mindfulness Tip of the Day

Mindfulness Activity: 4, 5, 6 Breathing

Deep, belly breathing is a great way to restore calm when we are feeling stressed.

1. Take a deep inhale down into your belly and a full exhale through the mouth.
2. Now breathe in through your nose for a count of four
3. Hold your breath for a count of five
4. Breathe out for a count of six.
5. Repeat this deep breathing three times.

Notice how you feel—physically and emotionally—after breathing deeply.



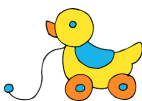
Source: <https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

### Taking Care of You!

Check the To-Do List

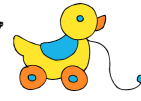
It may not seem like doing chores are good ways to take care of yourself. After all, you might feel like cleaning up and running errands is all you do sometimes. On the other hand, checking something off your to-do list that has been bothering you can free up a lot of mental energy. Whether it's scheduling an appointment for yourself or finally cleaning that messy cabinet, consider doing something on your to-do list that will give you a sense of relief and a feeling of accomplishment.

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



### Daily Activity

#### ABC Post-It Match



**ABC  
POST-IT  
MATCH**

Create the alphabet on a long connected sheet of paper or with regular paper. Tape these to the small at your child's height. Write the upper case letters on sticky notes. Then let your child match the upper case letters to the lower case letters. A fun matching game to improve letter recognition and gross motor skills.



Source: <https://busytoddler.com/2018/04/post-it-match/>

### Read with Me!

Help your child expand language by adding new descriptive language and more complete sentence structures (instead of "there's a doggy," "there's a woman holding a dog on a leash. They're going for a walk.").



Source: <https://www.alaskaelg.org/domain-5-communication-language-and-literacy-18-36-months/>

**seaeyc**

Southeast Alaska Association for  
the Education of Young Children



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