

Southeast Alaska Parent Tips

~Toddlers~

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 Box Road

A fun indoor activity that only needs cardboard, markers, toys, and creativity. Lay out a large cardboard box and have your child help. Draw roads, buildings if you want too. Use blocks to create bridges, use cars for transportation too. The best part is you and your family can use the box again and again!

Source: <https://busytoddler.com/2019/12/box-road/>

Read with Me!

Play simple listening games such as hiding toys and asking your child to find it by listening to clues (“Your car is on the couch ... under the pillow.”). Continue to play simple games during routines (When diapering ask “Where are your toes?”).



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