

# Southeast Alaska Parent Tips

## ~Toddlers~

### 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

#### Write the Pantry



**WRITE**  
the **PANTRY**  
A GAME OF ENVIRONMENTAL PRINT



A fun indoor activity that can help build your child's literacy skills. If you don't have a pantry, set out food items with letters on their packaging. Give your child a piece of paper with all the letters of the alphabet. Have your child fill each blank by a letter with a word from the pantry! A fun word scavenger hunt with items they are fairly use to seeing!

Source: <https://busytoddler.com/2019/07/write-the-pantry/>

### Read with Me!

Increase the length and complexity of books read and stories told to your child. Talk with your child about pictures and stories in books, magazines, and catalogs.



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