

Southeast Alaska Parent Tips

~Toddlers~

Mindfulness Tip of the Day

Is it Helpful?

When we're not sure if something we're about to do or say is thoughtful and kind, we ask ourselves three questions: Is it helpful to me? Is it helpful to other people? Is it helpful to the planet?

Give your child an example of a complicated situation when it was to figure out the best thing to do or say. Ask them, "What do you think would be the best thing to do or say in this situation? Discuss your child's ideas and pick one. Think through the three questions with the idea in mind. What are the answers? How can these questions help regulate what we say? Sometimes the answer to all three questions isn't the same. When this is the case, ask a fourth question: what matters most in this situation?"



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

Taking Care of You!

Art

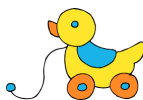
If your child is doing an art project, sit down and create your own art! Allow yourself to take a break and enjoy some artistic fun. Not only is art relaxing but you will get to spend time with your child being creative together!



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



**EASY
DIY CHALK PAINT**
A SIMPLE, QUICK TO MAKE
OUTDOOR ACTIVITY



Daily Activity

DIY Chalk Paint



All you need is a cheese grater, some chalk, and some water. Grate about 1 inch of chalk off each large stick and add 1 Tablespoon of water to the now powder chalk. Your child can now paint whatever they please the house, fence and chair and because it's chalk, it'll wash off with the hose or during the next rainy day.

Source: <https://busytoddler.com/2016/03/how-to-make-diy-chalk-paint/>

Read with Me!

Play games that require listening and understanding (Simon Says, Red Light Green Light). Invent games where your child retells a message verbally or in written form ("message relay").



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

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Southeast Alaska Association for
the Education of Young Children



BEST BEGINNINGS
Alaska's Early Childhood Investment

PARTNERSHIPS
for families & children

thread

United Way
United Way of Southeast Alaska
Partner Agency