

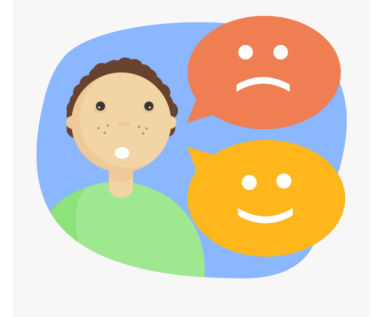
Southeast Alaska Parent Tips

~Toddlers~

Mindfulness Tip of the Day

Notice and name body sensations, thoughts, and emotions.

“My chest feels warm and I feel so happy when we are playing outside together like this.” “It sounds like you might be nervous about this new situation. What do you notice in your body right now?” The more insight our kids have into their inner experience, the more they are able to choose appropriate responses.



Source: <https://www.psychologytoday.com/us/blog/breathe-mama-breathe/201605/12-simple-ways-teach-mindfulness-kids>

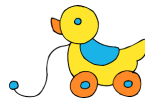
Taking Care of You!

Other Adults

Schedule time each day to talk to another adult. Spend time with friends when you can. It is a bit hard right now, try face time apps or a phone call. Rekindle friendships that maybe tapered off.

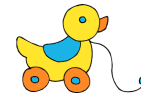


Source: <https://www.peps.org/ParentResources/by-topic/self-care/self-care-for-parents>



Daily Activity

Fun With Cans



Practice your child's fine motor and gross motor skills with stacking? Just how high can their tower go? What can they make out of all these cans? This game and quickly turn into some bowling fun too!

Source: <https://www.theleangreenbean.com/indoor-activities-for-toddlers/>

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.”).



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