

# Southeast Alaska Parent Tips

## ~Toddlers~

### Mindfulness Tip of the Day

#### Noticing your feelings

Describe your own process of noticing, naming, and using the breath to calm yourself. "Wow, I am feeling overwhelmed right now. I need to walk away and take few deep breaths... Whew, okay, now I feel calmer." Practice this with your toddler, naming different feelings. It is okay to be feeling multiple things at once too!



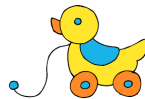
Source: <https://www.psychologytoday.com/us/blog/breathe-mama-breathe/201605/12-simple-ways-teach-mindfulness-kids>

### Taking Care of You!

#### Intention Setting

Every morning when your alarm goes off, or shortly after your child wakes you, spend one minute in bed deciding what you are going to do for yourself that day. Start small – promise yourself just 15 minutes a day. You'll soon see the rewards (for yourself, and your family) of a little bit of "me time."

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



### Daily Activity

#### Pom Pom Drop



Save your toilet paper or paper towel rolls. Tape them to a door or wall and let them drop the pom poms or small balls through. Try making it harder! Give them tongs or a clothespin to make picking up the pom poms more challenging. Let them tape the tubes up and see if they can get the angles right so the pom poms go through all the tubes on the way down.

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

### Read with Me!

Rephrase or expand your child's speech during conversations. (If your child comments "I eat," expand with "You are hungry, you are ready to eat").



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