

# Southeast Alaska Parent Tips

## ~Toddlers~

### Mindfulness Tip of the Day

#### Practice belly breathing.

Place one hand on the chest and one on the belly. As you inhale, fill up the belly like a balloon and as you exhale, allow the balloon to deflate. This often feels counterintuitive at first, as most of us breathe shallowly into the chest most of the time. Belly breathing automatically turns on the relaxation response in the body.



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

### Taking Care of You!

#### Eating Healthy

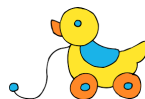
Eat right: food affects mood, so try to cut down on sugars and processed foods. Just remember frozen fruits and veggies are just as healthy as fresh. Plus, they last longer!



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



fine motor practice  
basic straw necklace



#### Daily Activity Necklace!



Create a necklace, toddler style! Use a piece of string (a shoestring works well because of the hard end) and something to thread on it. Big beads would be great. But other items such as straws or large pasta noodles work too. This would be a great fine motor activity.

Source: <https://handsonaswegrow.com/simple-straw-threaded-shoestring-necklace/>

### Read with Me!

Continue to play simple games during routines (When diapering ask "Where are your toes?"). Ask your child to help with household activities, such as doing laundry. Ask your child to use listening skills to "find the sock" or "give me the shirt."



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