

# Southeast Alaska Parent Tips

## ~Toddlers~

### Mindfulness Tip of the Day



#### Take a mindful nature walk.

Move at your child's speed, which, of course, can vary from sprinting like a cheetah to slugging along at a snail's pace. Bring your sense of curiosity and adventure and allow your child to lead the way.

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

### Taking Care of You!

#### Create a Cuddle Zone

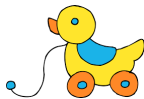
Make a cozy spot – make a blanket fort with your kids and climb in it with them (resting and hiding and giggling).



Source: <https://www.psychologytoday.com/us/blog/joyful-parenting/201708/25-simple-self-care-tools-parents>

### Daily Activity

#### String Scavenger Hunt



You will need yarn for this activity to begin, weave the yarn in and out, under and over, your dining room table and chairs. If you want to incorporate multiple rooms do so. Be sure to hide treasures along the way. Tape them to the yarn. Make this activity about letters if you wish, each clue could slowly spell out your child's name or a family members name. Have your child start at the beginning of the string and keep a hold of the string. Have them follow the string throughout the scavenger hunt as they hunt for and collect treasures along the way.

Source: <https://handsonaswegrow.com/activity-indoor-string-scavenger-hunt/>

### Read with Me!

Read big books at story time so your child can see the printed word on the page and encourage your child to follow the printed words on the page.



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