

# Southeast Alaska Parent Tips

## ~Toddlers~

### Mindfulness Tip of the Day

#### Eat a mindful snack.

For toddler, this may come easily, as toddlers often eat at an excruciatingly slow pace. As kids grow older, they may need a reminder to slow down. Together, use your senses to observe the food. Enjoy the first few bites with careful attention to appearance, scent, feel, and taste.



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

### Taking Care of You!

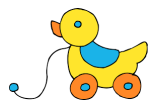
On a single piece of paper, write down 3 things that are weighing on you, stressing you, or bothering you; put a dash after each one with a single action-step that may help relieve it.



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

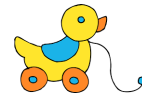


**STICKER  
LINE-UP**  
A QUICK & EASY ACTIVITY



### Daily Activity

#### Sticker Line-up



Make a sticker line-up for an awesome quiet activity!  
Ever have a day where you just need a minute of quiet? Maybe a second or two without answering a question? Or a quick moment to sit and have your coffee?  
Sticker Line-Up just might be the answer to your toddler activity prayers – and bonus: there's loads of learning going on here too!

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

### Read with Me!

Use a game or echo songs where your child repeats what you say ("I Met a Bear" and "Down by the Bay").



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