

# Positive Behavior at HOME

## Emotional Wellbeing -Infants



### Mindfulness Activities:

- **Check-In** - This is a starting point and often helps to begin your baby's day.
- **Gratitude** - Show your baby that you are grateful for them through positive conversations and interactions.
- **Grounding** - Taking a moment to identify the world around you.
- **Kindness** - Showing emotions in a variety of ways; verbal and nonverbal
- **Letting Go**- Relax with your baby, slow down, and breathe

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## Mindfulness Activity: Check-In



### The Good Morning "Present"

Checking in every morning on our loved ones is something that we probably all do. However, when we say good morning, are we just going through the motions or are we actually being mindful of the love and happiness that we have for our family? This activity will help you slow down so you can enjoy every special moment that you have with your baby and allow you to focus on the greatest gift of all: the present moment.

### Instructions:

1. Nonverbal gestures speak louder than words especially for young children. When you approach your baby in the morning, slowly greet them with a warm and calming smile.
2. Take a moment to listen to the sounds around you, was your baby crying or quietly waiting for you? Did you walk in and greet your baby upon awakening?
3. Refrain from immediately picking up your baby, unless they need immediate comfort. Take a moment to talk with them, appreciate them, and be grateful for them.
4. Tell your baby how much you love them and how special they are to you.
5. Talk about the day and how wonderful it is going to be. Positive conversations are important in the morning as well as in the evening.
6. This is a special time for you and your baby to bond and for both of you to check in and be present of the beautiful gift you both have, each other.

\*This activity can be done the same way in the evening as well

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## Mindfulness Activity: Gratitude



### Daily Grateful Notes

Each day we are grateful for so many things and we often forget the little things. This activity will help by reminding you to jot down a little thing each day that you are grateful for about your baby. (See attached activity sheet)

### Instructions:

1. At the end of each day or even throughout the day, reflect on all the wonderful interactions and joys that you and your baby have brought to each other.
2. Pick out one moment that stood out the most, maybe even a difficult one, but one that you were grateful to make it through. Maybe you had help and you were grateful for that. Whatever was the moment that stood out, write it down within the box on the "Daily Grateful Note Sheet"
3. Each day write something that you are grateful for.
4. At the end of the week reflect back on the things that brought you joy each day.

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## Mindfulness Activity: Grounding



### Two Feet on the Ground

Taking a moment to enjoy the natural world around you can be relaxing. What better way to do this than taking a walk out in the yard with your little one. This activity will help you to slow down and feel a sense of calm. When you are calm, your little one is more likely to feel calm as well.

### Instructions:

1. Take some time to go outside with your baby. While outside, try practicing the following: Observing, Feeling, Smelling, and Listening.
2. **Observe**- describe the objects that you see in terms of color, texture, shadow, light and in shapes to your baby.
3. **Feel**- press your feet on the ground feel the texture of the ground, run your hands through the grass. Have your baby place their feet on the ground as well and feel the grass on their feet.
4. **Smell**- hold your baby close, close your eyes and take a deep breath, inhale to 4 hold 7 then exhale to 8. What do you smell around you? Describe your experience to your baby.
5. **Listen**- Take a moment to sit, if you can, in silence, or try to limit the distractions around you and listen to the sounds. Can you hear the birds, small animals, and people? Talk about each one of the sounds and experiences with your baby.

\*This exercise helps you take a moment to slow down and find the little joyful things around you.



# Positive Behavior at HOME

## Mindfulness Activity: Kindness



### Power of a Smile

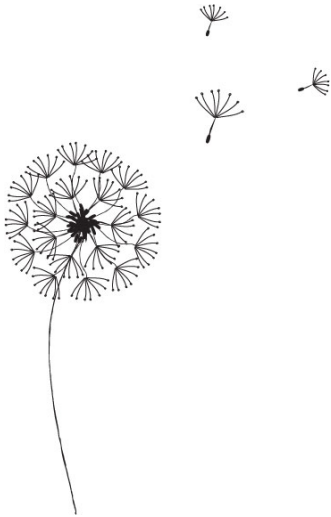
Our words have power, but so do our gestures. Young children can experience feelings of happiness and kindness through the expressions on your face and through your body language. In this activity, you will practice how the power of a smile can teach kindness.

### Instructions:

1. Sounds easy enough, just smile at your baby and they will smile back. However, this activity is a little different. You will want to practice controlling your expressions during the most stressful times. For example, when your baby is crying, does not want to nap, or when they are testing your patience.
2. The purpose of being able to control your emotions and body gestures plays a huge part in how a baby responds to their environment. When you are upset, they will get a sense of uneasiness and could their emotions could escalate.
3. Being mindful of how you respond to your baby will make all the difference. Practice being aware of, and controlling your emotions. Through your smile you are communicating kindness and security.
4. Throughout the day, take a moment to smile for yourself, you deserve it!

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## Mindfulness Activity: Letting Go



### Belly Breathing

Deep belly breathing is a great way to restore calm when we are feeling stressed. This is an activity that we encourage you to practice with your baby, but it is also beneficial for you as a parent! It helps you learn to let go of stress and possible feelings of anxiety.

### Instructions:

1. When your baby is in a calm state, hold them close.
2. Take a deep inhale down into your belly and a full exhale through the mouth.
3. Now breathe in through your nose for a count of four.
4. Hold your breath for a count of five.
5. Breathe out for a count of six.
6. Repeat this deep breathing three times.

This breathing activity can be done when your baby is having a rough day or moment. This will help calm your strong emotions and allow you to focus on exactly what your baby may need at the moment.

\*Notice how you feel—physically and emotionally—after breathing deeply.

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## Gratitude: Daily Grateful Notes

