



## BUILDING HEALTHY HABITS

### Slow Down to Level Up: The Power of Just Being this New Year

**Hey there, Parents and Caregivers,**

As the new year kicks off, many of us are thinking about resolutions and how we can be our best selves. But what if the first step toward personal growth is not about doing more, but about slowing down? In a world that is always “go-go-go,” taking the time to focus on our inner peace and well-being is essential.

Reducing anxiety and stress is key, and sometimes the best way to do that is by giving our minds and bodies space to just be. When we slow down, we allow ourselves to recharge, clear our minds, and gain clarity. This peace of mind ultimately helps us make better decisions and be more present for our families—not because we are doing more, but because we are taking the time to simply be.

**Tip of the Month:** When feeling overwhelmed, pause for 1 minute of deep breathing before jumping into your next task. Small moments of calm can help reduce anxiety and improve focus.



### Early Childhood/ HRL Preschool

Did you know simple activities like playing with clay or building things with your hands can help improve a child’s focus? When children play with their hands, it helps them pay attention to one thing at a time. Unlike screen time, which can pull their attention in many directions, activities like these help them stay in the moment.

So, instead of handing your child a phone or tablet, try sitting down with them and playing with clay or doing a fun art project together. It is a great way to help them focus and get creative!

**Cool Fact:** Too much screen time can make it harder for children to focus and manage their emotions. The American Academy of Pediatrics recommends limiting screen time to 1 hour per day for kids ages 2-5.

*Source: American Academy of Pediatrics, Media and Young Minds*

### Resource Family Corner

#### **The 20-Minute Phone-Free Challenge**

In today’s busy world, it is easy to forget to slow down and spend time together without distractions. This month, try a “20-Minute Phone-Free Challenge” as a family. For just 20 minutes a day, put away your phones and focus on being with each other. You can sit quietly, do a short mindfulness exercise, or simply talk and enjoy each other’s company.

No screens, no distractions—just time together. See what happens in these 20 minutes—maybe you will have a great conversation or just enjoy the peaceful moment.

**Tip of the Month:** If 20 minutes feels too long, start with 5 or 10 minutes. The goal is to take small steps and make this a habit.

### **Join Us: What’s Your Family Mindfulness Practice?**

We’d love to hear how you’re slowing down and finding peace this month. Share your family’s experience with us on [Facebook](#) & [Instagram](#), or let us know what’s working for you!

Let’s inspire each other to make 2025 a year of mindfulness, balance, and connection.