



BUILDING HEALTHY HABITS

In the Middle of the Mayhem, A Moment for Mom

Hey there, Parents and Caregivers,

Let's be real—if moms and caregivers got paid for every job we do, we'd be millionaires. One minute we're nurses with magic band-aids, the next we're cooks, therapists, cleaning crews, party planners, and money managers. And let's not forget bedtime boss, lost-sock finder, and walking calendar.

We carry a lot: in our body, mind, and heart. Sometimes we don't even notice how much until we finally sit down (for just two minutes) and think, "Why am I so tired?"

This month, we're focusing on inner peace, not as another chore, but as a gentle reminder that your peace matters. When you feel calmer and steady, everything flows better (even if dinner is cereal and bedtime gets a little wild).

Early Childhood/ HRL Preschool

Early Childhood Corner: Calm Care

Little kids pick up on how we feel—if a parent is stressed, they feel it too. Simple calming routines, like cuddle time, soft music, or reading a book together, can help children feel safe and calm. These quiet moments also teach kids how to care for themselves.

Cool Fact: A 20-second hug with your child can help both of you feel calm and connected. That's because it releases oxytocin: the bonding hormone that helps us feel close to people we love.

Resource Family Corner

Family Activity: Mindful Neighborhood Walk

You don't have to go far to find a peaceful moment. Try a *Mindful Walk* with your child—on the way to school, to the store, or just around the block.

Take turns naming:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you love about the walk

It's a calming way to slow down, connect with each other, and notice the world around you with no special tools or costs needed.

