



Survive and Thrive

Community Resource Program Weekly Bulletin – Issue 2

5 Tips for Positive Parenting

1. Be Sensitive and Responsive to Your Child's Communicative Cues.
2. Celebrate Their Strengths and Learning Developments.
3. Make Time for Hugs, Affection and Positive Attention.
4. Check Your Own Responses BEFORE Replying to Their Emotionally Fueled Behaviours.
5. Balance Your Own Needs as a Parent so You Can Better Take Care of Them too.

<https://twitter.com/allaboutkidsla>



Joke Corner

1. What do you call a droid that takes the long way around?
R2 detour.

2. What did the Dalmatian say after lunch?
That hit the spot!

3. Why did the kid cross the playground?
To get to the other slide.

4. Why was 6 afraid of 7?
Because 7, 8, 9

<https://redtri.com/best-jokes-for-kids/slide/1>

5 Benefits of Meditation

1. Enhances Focus
2. Fosters Self-Esteem and Self-Love
3. Relieves Stress for Peak Performance
4. Supports Healthy Emotional Development
5. Enhances Empathy and Connectedness

<https://blog.mindvalley.com/meditation-for-kids/>

Children's Rainbow Meditation

<https://youtu.be/47qmNv38hrM>



Hissing Breaths:

Hissing breaths help kids connect with their inner self and relax them physically and mentally. Teach your child to breathe in through the nose. Make them inhale a deep breath, and then ask them to exhale through their mouth, while making a hissing sound like a snake.

Prolonging the exhalation will help your child relax and feel better.