



Minding the Baby®
home visitation program

Minding the Baby®

Yale Child Study Center
230 South Frontage Road
New Haven, CT 06520-7900
Phone: 203-785-5589

December 2014

Season's Greetings from Minding the Baby®

Our New Year Wish to you and your family...

May you and your family be healthy

May you and your family be happy

May you and your family be safe

May you and your family be strong

May you and your family be at peace



Happy
2015!



Got Stress???

We all feel it – adults, teens, children, and babies! Things go wrong. We get sick or our children do. We rush to get everything done and it feels like there isn't enough time. We worry about everything and feel irritable.

Stress causes headaches, muscle pain, and stomach aches. Stress makes some people eat too much, and others eat too little. Some people smoke or drink, or act violently.

Over time, stress can cause heart problems and other serious health issues. Learning to deal with stress in a positive way is a gift to ourselves and to our children!

Sometimes we may think, "I don't have time to relax!" The opposite is true. If we take one or two minutes, we can reduce stress and get things done in a kinder and happier way.

Do you remember helping your tiny baby learn to sleep by herself? Maybe your baby liked sucking on a pacifier, being rocked or hearing you sing. You helped your baby to relax!

As children grow older, parents help them feel safe when they start school by giving them a hug goodbye. When a child is angry, you might ask him to show you how mad he feels by drawing a picture. By doing this, you are teaching your child how to handle the stress of everyday frustrations in a positive way.



How can you reduce stress?

You and your child can de-stress together!

- Listen to music
- Dance
- Play in water or sand
- Walk or sit outside in a park, near trees or water

Tips to Help Yourself Relax

- **Belly breathing:** put your hand on your belly. Take slow deep breaths through your nose and feel your belly rise. Let your breathe out very slowly through your mouth as you feel your belly relax. Do this 5 times.
- **Visualization:** close your eyes for just a minute or two and imagine being in a place you love, maybe relaxing on the beach or some place fun.
- **Relaxing your body exercise:** wiggle your toes and then let them relax. Next, tap your feet and relax them. Do this next with your legs, then all the way up to your neck and head.
- **Scrapbooking or writing in a journal:** express your feeling with words, poems, pictures, or whatever feels right. It's for you!

Make a plan to help you and your child with stress...

There are many ways to slow down and relax in a healthy way.

Think of one thing you can do to relax and jot it down here:

Now note one thing that helps your child relax:



Minding the Baby®

Co-Directors: Lois Sadler, Nancy Close, Arietta Slade, & Linda Mayes

Home Visitors: Denise Webb, Tanika Simpson, Bennie Finch, & Rosie Price

Researcher: Andrea Miller

Project Director: Crista Marchesseault

