



Foothills Pregnancy Resource Center

A State-Licensed Medical Clinic

- - Ages & Stages - -

Proverbs 22:6 “Direct your children onto the right path, and when they are older, they will not leave it.”



Welcome - - “Mommy & Me” music/reading



Redirection & Distraction - - Each new sunrise is a chance to reset!

- Managing our ‘thought bubbles’ ... being a model for our kids
- Worry: rehearsing all the challenges that might happen “what if...”
- The art of listening requires that you are attentive to what the other person is saying both verbally & through body language.
- https://www.youtube.com/watch?v=7BW_JamMZho - check out how this mom finds distraction & natural consequences helpful!



Baby Milestones

- Milestones are foundations for the next step during a range of time. Some little ones develop earlier or later - - your pediatrician helps keeps track
- <https://www.focusonthefamily.com/?s=bob+Hamilton+broadcast>
- <https://www.thebump.com/a/baby-milestone-chart>
- Recap from Fall Session:
Focus on healthy eating habits early on
<https://kidseatincolor.com/blog/?uterm=child-feeding>

THINK - before negative ‘self-talk’ or conversations with others

- Is it True?
- Is it Helpful?
- Is it Inspiring?
- Is it Necessary?
- Is it Kind?

How to Manage Your Thought Bubbles

Here are some practical ways to start managing your thought bubbles and bursting the negative ones. These are just a few ideas; be creative and come up with some of your own.

Take Some Time Outs

Parents can put up a sheet of paper that has space for 5 check marks for time-outs throughout the day. Next to it, jot down a list of possible things that you can do during your self-imposed timeout. Time outs are great to model for kids as they learn to manage their own thought bubbles. Kids can also have their own sheet with check marks and a [menu of things they can do](#) to help themselves burst those negative thought bubbles.

Laugh Often, take a Walk or Get Some Exercise, Focus on the Present

Raising Mentally Healthy Kids

<https://www.amenuniversity.com/10-day-challenge-day10>

1. Know what you want - - set goals (one page miracle) asking “does my behavior fit my goals?” Great exercise for all ages!
2. Bonding & Influencing
3. Rules/Boundaries - - firm & loving limits
4. Notice & affirm good/productive behavior; teach when your child could be better
5. Loving discipline
6. Rule of 12: “12 things are bound to go wrong!” (better able to manage life’s challenges)
7. Solutions for mental health challenges
8. BRIGHT MINDS for a healthy brain (acronym for all ages)
9. Mental hygiene (avoid negative thoughts)
10. Supplements for nourishing your brain