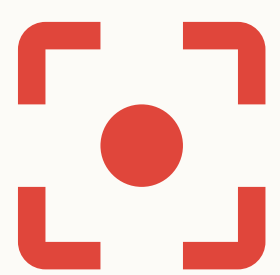


Happy Parent, Happy Child!

Parents, YOUR emotional health is IMPORTANT for your child's wellbeing too!
Practice this anytime, anywhere. Do what your body can.

Breathe Positive



Focus on your breathing

Imagine you are blowing a BIG balloon

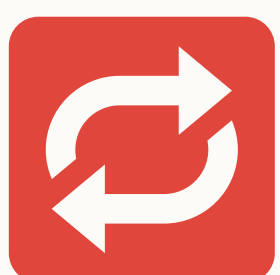
- Breathe in through your nose, count to 3.
- Breathe out slowly through your mouth, count to 5.
- Do this 5 times.

Then...



Say to yourself

"I'm doing the best I can for [say your child's name] and that's what he/she needs."



Repeat: 3 times daily



You are doing great for your child! Keep going!



If you need help, reach out to trusted people or professionals.



Brought to you by:

Child Development Unit

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