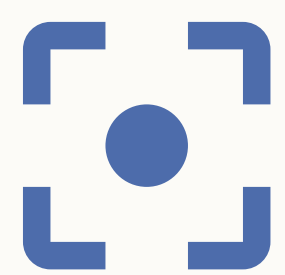


# Happy Parent, Happy Child!

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

## Tenseless Senses



**Focus on your senses** for 3 minutes

*Walk away from distractions, get a drink or snack, savour the sensations.*

- What do you **see?** (colours in the drink or snack)
- What do you **hear?** (swallowing)
- What do you **feel?** (textures in your hands and mouth)
- What do you **smell?**
- What do you **taste?**



**Say to yourself**

"It is okay to slow down and take a break.  
I will rest first and then keep going."



**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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