

HAPPY MOTHER'S DAY!

WE THINK YOU ARE THE REAL SUPER HEROES OF THE WORLD

Social & Emotional Connections

Have regular emotional check-ins with your child. During challenging times, young children can easily pick up on the stress and worry of the adults in their lives. Disruptions to regular schedules, troubling news stories, bans on social gatherings, and overheard adult conversations can leave a child confused and concerned about the future. Set aside time to check in and connect with your child every day. Talk about your day and what will happen tomorrow. Ask them simple questions: "What was the best part of today?" "Were there any hard parts?" "How did you feel?" "Do you have anything you'd like to talk about?" Listen carefully to what your child says so they know their thoughts and emotions are important to you.

"Believe in yourself! Have faith in your abilities!"

Norman Vincent Peale



FREE LEARNING WEBSITES FOR KIDS:

- SWITCHEROO ZOO (WWW.SWITCHEROOZOO.COM) WATCH, LISTEN, AND PLAY GAMES TO LEARN ALL ABOUT AMAZING ANIMALS!
- NATIONAL GEOGRAPHIC FOR KIDS (WWW.KIDS.NATIONALGEOGRAPHIC.COM) LEARN ABOUT GEOGRAPHY AND FASCINATING ANIMALS!

"LOVE YOU TO PIECES"

PICTURE FRAME

Supplies Needed:

- 4 Popsicle Sticks
- Puzzle pieces
- Paper or cardboard
- Crayons/Paint
- Glue
- Picture



Take a photo of your kids holding a paper or cardboard sign saying "Love you to pieces!" and have it printed. Then let your kids paint the popsicle sticks with paint and let dry. Have them glue the popsicle sticks, puzzle pieces, and photo together!

PREGNANCY AND POSTPARTUM SUPPORT MN

CALL OR TEXT HELPLINE: 612-787-7776

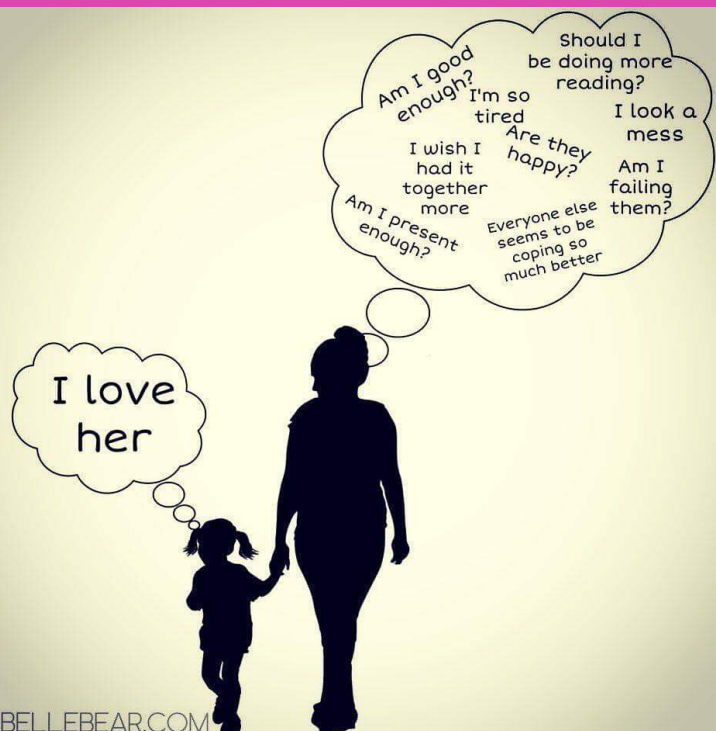
PPSMHELPLINE@GMAIL.COM

[HTTP://WWW.PPSUPPORTMN.ORG/GET_HELP](http://WWW.PPSUPPORTMN.ORG/GET_HELP)

Minnesota residents may contact the Pregnancy & Postpartum Support Minnesota HelpLine for resources and to be connected with peer support.

Color Scavenger Hunt

Choose the colors you want to hunt for and use your marker to scribble small squares onto the front of a white paper bag of each color. Give a bag to your child and keep one for yourself. Have fun finding all of the colors on the bag. When you find an item that matches one of the colors, place it in the bag. When everyone is finished, sit in a circle and show and tell about all of the items you both found.



BELLEBEAR.COM

CRISIS TEXT LINE

Text MN to 741741

The 24/7 emergency service is available if you or someone you know is experience psychiatric or mental health crisis.

MOMMY AND ME

My Name is:

My age is...

MOMMY'S
favorite hobby
is...

MOMMY'S NAME is:

MOMMY'S age is...



My MOMMY'S
favorite food is...



MOMMY AND ME Love
To Play...



My MOMMY is good at...

MOMMY DOESN'T LIKE...

our favorite
TV show to
watch
together is...

MOMMY always says...

I Love My MOMMY because...



MOMMY'S favorite place to go is...

My message to MOMMY is...



MOMMY AND ME