

## 21 DAILY TIPS FOR PARENTS

relax Kids

DAY 1

### TIP OF THE DAY

Look into reducing sugar and additives in your family's foods as a healthy diet can improve behaviour and concentration significantly.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 2

### TIP OF THE DAY

Make up a relaxation box so your child can go to it when they feel stressed. Include a stress ball, a cuddly toy to stroke, a Relax Kids product, playdough etc

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 3

### TIP OF THE DAY

Ensure your child is hydrated with plenty of water to keep their brains working in optimum condition. This will allow them to focus and improve behaviour.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 4

### TIP OF THE DAY

Ensure your child is getting their 5 a day to keep their body and mind healthy. Nutritious food also helps emotional and behavioural management.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 5

### TIP OF THE DAY

Set up a relaxation corner in your living room or child's bedroom. Having a designated place for your child to relax will make the relaxation habit easier

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 6

### TIP OF THE DAY

Take a walk or go to the park after school. Let children run around and let off steam before coming home and relaxing on the sofa

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 7

### TIP OF THE DAY

Laugh! Simply make sure you spend sometime laughing together. It is a great way to relax.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 8

### TIP OF THE DAY

Play some relaxing music after school to create a feeling of calm before turning on the TV.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 9

### TIP OF THE DAY

Spend sometime with your child clearing out their bedroom and making it a relaxing a place to be in.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 10

### TIP OF THE DAY

Add a couple of drops of lavender oil to a spray bottle of water or burn lavender in an oil burner to help keep the family calm and relaxed.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 11

### TIP OF THE DAY

Resist having the TV or radio on as background sound as this does not help create a relaxing atmosphere.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 12

## TIP OF THE DAY

Encourage your child to make a list of all the little things in life that they are grateful and thankful for. They could make a gratitude list. You may want to make a plan of how you can keep up the good work that you have achieved.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 13

## TIP OF THE DAY

Talk to your child about anything they might feel stressed or anxious about. Help them break down tasks into mini-goals that are manageable. This will help them feel more relaxed and less overwhelmed.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 14

## TIP OF THE DAY

Spend time praising your child and reminding them what they are good at and what you are proud of.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 15

## TIP OF THE DAY

As the evening progresses, lower the lights to help prepare you child for bed.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 16

## TIP OF THE DAY

Make sure your child is getting more than their quota of hugs and cuddles. This is a great way for them to feel good about themselves as well as feel relaxed.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 17

## TIP OF THE DAY

Remind your child to look in the mirror each day and say to themselves 'I love you and I like you and you are amazing'. Although difficult to start with, it is a great self esteem builder

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 18

## TIP OF THE DAY

Give your child's feet or hands a good rub - this is great for a bedtime treat.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 19

## TIP OF THE DAY

Limit the amount of time spent playing computer games - especially before bedtime as it can keep children's brains active when they should be resting.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 20

## TIP OF THE DAY

Play some relaxing or classical music instead of the news in the morning. Listening to classical or nature sounds is a very traditional way of chilling out.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)

DAY 21

## TIP OF THE DAY

Encourage your child to make a list of all the little things in life that they are grateful and thankful for. They could make a gratitude list. You may want to make a plan of how you can keep up the good work that you have achieved.

relax Kids

[www.relaxkids.com](http://www.relaxkids.com)