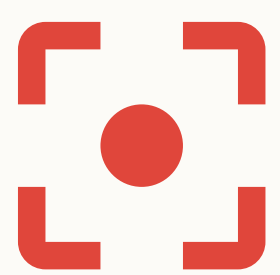


# Happy Parent, Happy Child!

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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