

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.

Muscle Hustle

*Our bodies tense up when we are stressed.
Tightening and relaxing muscle groups help to release tension.*

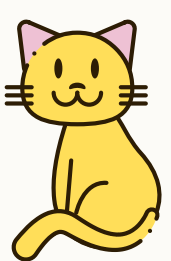


Focus on your muscles as you tense and relax them and imagine...



You are holding **lemons** in both hands

- Squeeze them as hard as you can.
- Now *drop* the lemons.



You are a **cat** that just woke up

- Stretch your arms *as far forward* as you can.
- Raise them above your head and *as far back* as you can, then...
- *Drop* your hands to your side.



Say to yourself

"I can overcome each struggle as it comes and I will grow stronger everyday."



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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