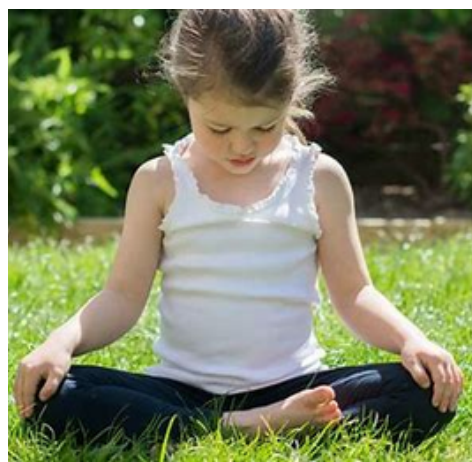


MEDITATION

For Young Children



As home child care providers, our days are full of stimulating activities, vibrant learning environments, and lots of outdoor time. Our schedules can be pretty jammed packed and the children sure do keep us on our toes!

Sometimes we may forget to pause and reflect on the importance of slowing down, and being still.

“We play an important role in the emotional development of young children.”

Home child care providers play an important role in the emotional development of young children. One of the ways we can support this is by implementing meditation techniques into our daily routine

“When we introduce children to meditation from a young age, we can help shape the actual physical structure of their young brains. We can set them up to be better learners. We give them skills to manage emotions, be more empathic, and protect them against stress. We are priming their brains to be less reactive. To cope better with difficulties. To be more aware. And to be more resilient.”

<https://www.mindfullittleminds.com/8-reasons-your-child-needs-to-start-meditating-today/>

Benefits Of Meditation for Children

1. Meditation promotes emotional regulation by teaching children to explore, and label their emotions in relation to how their body feels. Meditation encourages breathing techniques which can be used as a tool to help during moments of dysregulation.
2. Having daily moments of meditation dedicated to being still and mindful of our bodies, encourages focus and attention span. This can improve a child's ability to concentrate during storytime, or a group activity.
3. When we engage in meditation and mindfulness activities with the children in our care, we strengthen our connection with them. We create a nurturing, supportive environment where children feel safe, and valued.

How To Implement Meditation

- Keep it Short:** Start with just a few minutes, to match the attention span of the children in your care.
- Make It Fun!:** Use guided meditation stories, or make up your own that spark imagination and include the interests of the children.
- Props:** Use calming music to create a relaxing atmosphere. Use bubbles to attract and maintain their focus. Allow the children to hold small stuffed animals, or cover themselves with a small blanket.
- Model It!:** It is very important that we model calm, quiet, and still for the children. Speak in a soft voice, move in a slow, calm manner, and model deep breathing.
- Be Patient & Flexible:** Every group of children is unique, some children may be able to participate longer than others. It is important to adapt the activity based on the actions of the children. Encourage them and celebrate their participation, no matter how small.