The Big Five: **Basics for Self-Regulation**

Regulatieeo

- 1. Set healthy sleep routines - Turn screens off 2 hours before bed.
- 2. Quality time between caregiver(s) and child. Check-in, do chores together, play games, read to them, and give affection.
- 3. Limit screen time to a maximum of 2 hours of developmentally appropriate material (void of foul language, violence and sexualized content).
- 4. Limit processed and packaged foods with preservatives, dyes, and sugars.
- 5. Get exercise daily and spend time in nature.

Routines Structure **Boundaries** Limits

Limited + supervised screen time

Nutritious food

Connection time with

Exercise / time

outdoors

loving caregiver

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