

The Big Five:

Basics for Self-Regulation

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.

