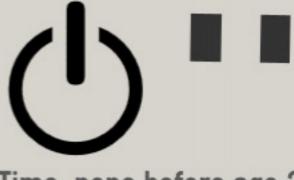
## MENTAL WELLNESS PARENTING WHAT YOU NEED TO KNOW TODAY!

## **WHAT KIDS NEED: The minimum**

5:1 RATIO OF POSITIVE:NEGATIVE INTERACTIONS









Screen Time: none before age 2 or bed. < 2 hours overall for other ages