

# CONNECTION SCHOOL SUPPLY LIST FOR FAMILIES

2022-2023 School Year

- Get 7-10 Hours of Sleep
- Reduce Screen Time
- Create Consistent Routine
- Reduce Yelling
- Make a Board Game Together for Morning Schedule
- Set Age Appropriate Expectations
- Give Controlled Choices
- Set Clear Limits
- Model Resting is OK
- Be a Safe Space
- Devote 15 minutes a Day to Play Together
- Eat Dinner Together
- Create Calming Bedtime Routine
- Stick Together



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