

# DEEPER RELATIONSHIPS ROUTINE DURATION RECOMMENDATIONS

| Health Habit         | Baby | <15 mins | <30 mins | <1 hr | <2 hr | <3 hr |
|----------------------|------|----------|----------|-------|-------|-------|
| Connection           | 10 s | 5        | 15       | 25    | 50    | 75    |
| Gratitude            | 10 s | 5        | 10       | 15    | 30    | 45    |
| Emotional Regulation | 30 s | 4:30     | 4:30     | 15    | 30    | 45    |
| Learning             | 10 s | 30 s     | 30 s     | 5     | 10    | 15    |
| Total Time           | 1    | 15       | 30       | 60    | 120   | 180   |