

STRESS RELIEF ROUTINE DURATION RECOMMENDATIONS

Health Habit	Baby	<15 mins	<30 mins	<1 hr	<2 hr	<3 hr
Breathing	10 s	2	5	10	10	20
Mindfulness	0	1	2	5	10	15
Learning	10 s	30 s	30 s	2	5	5
Movement	30 s	5	10	10	30	45
Cold	10 s	30 s	30 s	3	5	5
Emotional Regulation	30 s	2	2	10	20	30
Gratitude	10 s	2	5	10	20	30
Connection	10 s	2	5	10	20	30
Total Time	1:20	15	30	60	120	180