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(306) 825-5911

- Teach ways to relax
- Provide lots of unstructured time for play
- Help your child know about their own feelings
- Sleep 10 to 12 hours each night
- Minimize TV and electronics

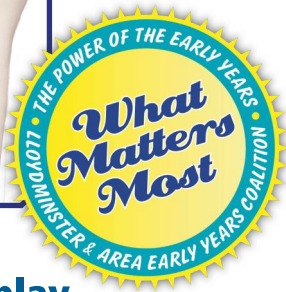


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