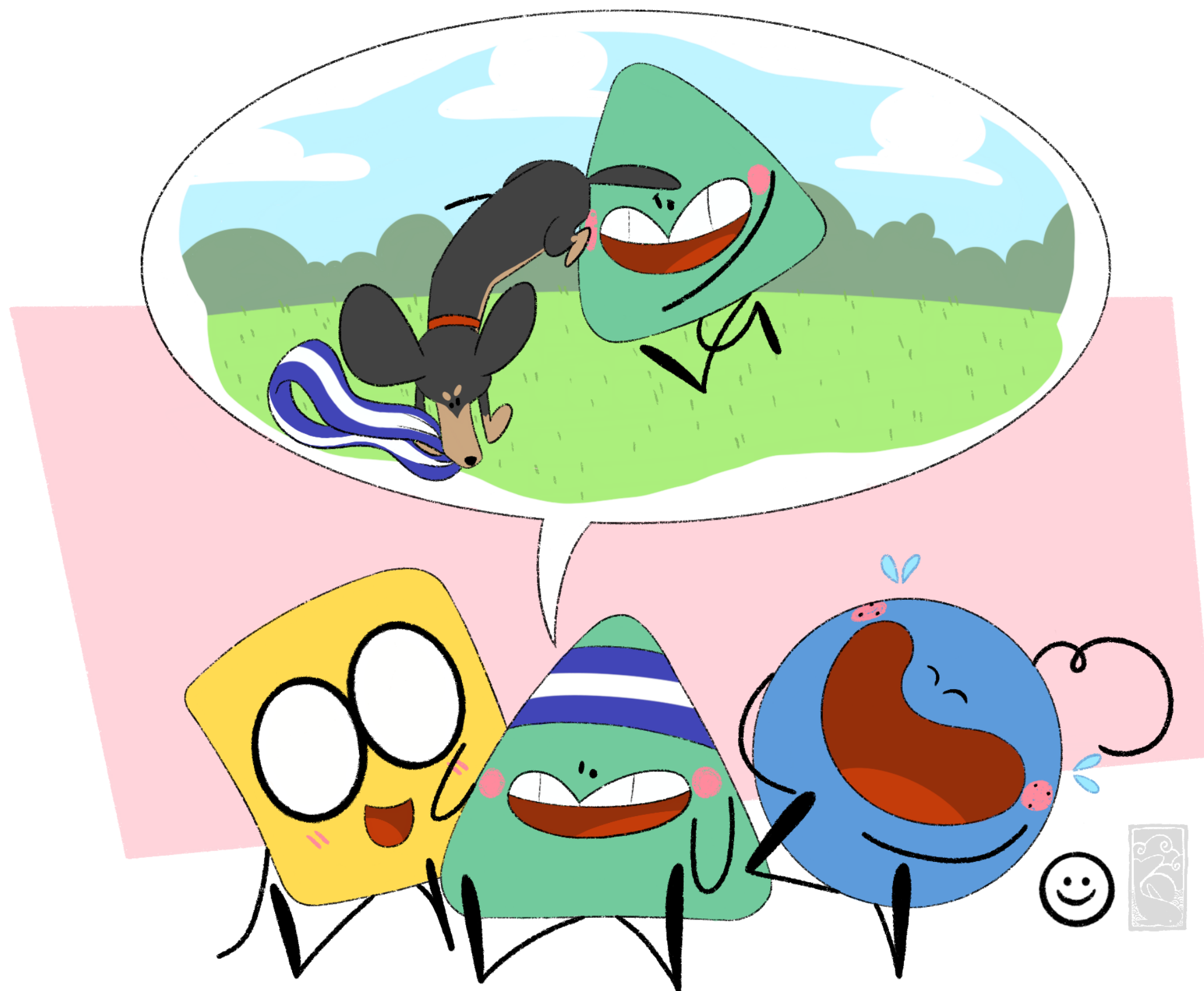


# TOYBOX



## Keep in Touch Daily Check In

**Goal:** Ask your child about their day, and share yours as well!

**Tip:** Ask questions like: "What was your least favourite part of today?" and, "What are you excited about for tomorrow?"

**Why is this important?** Interacting in supportive and affectionate ways improves personal development, wellness, mental health, and family relationships.

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