

Munch Minute

EASY INFORMATION FOR PARENTS



KIDS NEED BALANCE: GET ENOUGH SLEEP, REST & ACTIVITY

	Movement
Infants (<1 year)	30 minutes floor play & tummy time
Toddlers (1-2 years)	3+ hours activity including energetic play
Preschoolers (3-4 years)	3+ hours activity + 1 hour more of energetic play

Source: Canadian Society for Exercise Physiology