

Munch Minute

EASY INFORMATION FOR PARENTS



KIDS NEED BALANCE: GET ENOUGH SLEEP, REST & ACTIVITY

	Sitting	Screen time
Infants (<1 year)	Do not keep restrained for more than 1 hour at a time (stroller, high chair, car seat).	None
Toddlers (1-2 years)	When sitting, sit together and engage with your child (reading, colouring or storytelling). Trading sitting time with energetic play or inside for outside time has great health benefits.	1 year: None 2 years: <1
Preschoolers (3-4 years)		1 hour max

Source: Canadian Society for Exercise Physiology