

Munch Minute

EASY INFORMATION FOR PARENTS



KIDS NEED BALANCE: GET ENOUGH SLEEP, REST & ACTIVITY

	Total daily sleep (including naps)
Infants (<1 year)	0-3 months: 14-17 hours 4-11 months: 12-16 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-4 years)	10-13 hours

(same bed & wake times = good quality sleep)

Source: Canadian Society for Exercise Physiology