



*Healthful Ideas for Parents of Preschoolers (2-5 years old)*



## Activity and Quiet Time



It is important for your preschooler to be active and have quiet time.

Your preschooler is probably getting enough physical activity if he/she:

- ☺ runs around outside or inside several times a day **and**
- ☺ watches less than 2 hours of television each day **and**
- ☺ does not sit for more than 60 minutes at one time **and**
- ☺ is breathing quickly or sweating when actively playing.



Your preschooler needs quiet time but not too often.

- ☾ Limit television time to less than 2 hours a day. Avoid having television on at mealtimes or placing a television in your child's bedroom.
- ☾ Try to make inactive time reading time.
- ☾ Quiet time is best before your child takes a nap or goes to bed.



### Cinnamon Swirls

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| 1 slice whole wheat bread                 | 1/4 teaspoon ground cinnamon                   |
| 1 tablespoon light cream cheese, softened | Spray butter or melted butter (brush on bread) |
| 2 teaspoons sugar                         |  |

Trim the crust from the bread slice. Spread softened cream cheese on the bread slice. Roll up bread slice with cream cheese on the inside. Cut roll into three equal sized pieces. In small bowl, mix together sugar and cinnamon. Spray each piece with butter then roll into the sugar-cinnamon mixture. Do not dip roll ends. On an ungreased baking pan, place rolls seam side down. Bake in a 350° oven about 10 minutes or until light brown. Serve immediately or refrigerate for 1-2 days.