

# May 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 May Day Baskets	2 Visit a local park- Big Creek State Park
3 Sleepy Sunday	4 Play Ball "Basketball"	5 Sign up for Kids Bowl Free	6 National Bike to School Day	7 5 fruit and vegetables	8 Easy Snacks	9 Visit a local park- Walker Johnston Park
10 Sleepy Sunday	11 Play Ball "Soccer"	12 Bowling	13 Take a Bike Ride	14 5 fruit and vegetables	15 Easy Snacks	16 Visit a local park- Union Park
17 Sleepy Sunday	18 Play Ball "Golf"	19 Bowling	20 Take a Bike Ride	21 5 fruit and vegetables	22 Easy Snacks	23 Visit a local park- Ewing Park
24 Sleepy Sunday	25 Play Ball "Baseball"	26 Bowling	27 Take a Bike Ride	28 5 fruit and vegetables	29 Easy Snacks	30 Visit a local park- Choose one in walk- ing distance
31 Sleepy Sun- day						



**Blank Children's Hospital**  
UnityPoint Health

*A department of UnityPoint Health - Des Moines - Iowa Methodist Medical Center*

### Take a Bike Ride

National Bike Month was established in 1956 and is a great time to showcase the many benefits of bicycling. Riding a bike is healthy, fun and a low impact form of exercise for all ages. It easy to fit into your daily routine by riding to parks, schools and shops. Remember it is important to wear a helmet each time you ride your bike. Check out the Hannah Geneser Learning Center and Safety Store at Blank Children's Hospital for helmets available for purchase at below retail cost.

[Safety Store | Blank Children's Hospital \(unitypoint.org\)](#)



### Play Ball

Baseball: Play catch, practice hitting or a start a game

Basketball: Play 4-square, practice dribbling or start a game

Soccer: Practice dribbling or passing drills or start a game

Golf: Try miniature golf, a driving range or a local golf course

### Sleepy Sunday

Did you know that sleep contributes to the function of virtually every system of the body? Better Sleep Month takes place every May to encourage people to get adequate sleep. There are many benefits from getting enough sleep on a daily basis, including, maintaining physical health, emotional well-being and school performance. Sleep benefits the brain by promoting attention and memory. Below are the guidelines from the National Sleep Foundation for children of different ages (this includes night time sleep as well as naps):

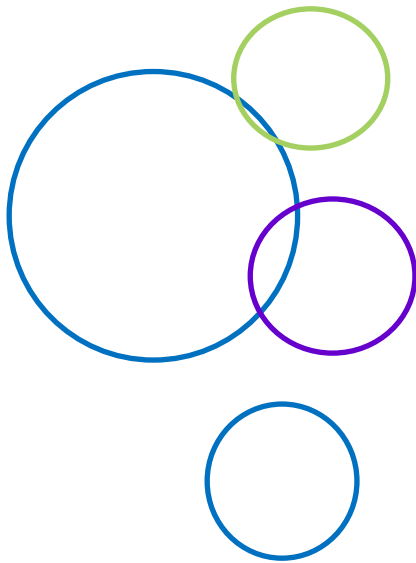
<b>Infants:</b>	<b>4-11 months of age</b>	<b>12-15 hours</b>
<b>Toddler:</b>	<b>1-2 years of age</b>	<b>11-14 hours</b>
<b>Preschool:</b>	<b>3-5 years of age</b>	<b>10-13 hours</b>
<b>School-age</b>	<b>6-13 years of age</b>	<b>9-11 hours</b>
<b>Teenagers</b>	<b>14-19 years of age</b>	<b>8-10 hours</b>

\*\*These guidelines are used as a target while recognizing that a healthy amount of sleep may vary among children or even from day to day.

**Be sure to start off the week by getting enough sleep!**

### 5 Fruits and Vegetables:

The "5" in 5210 stands for 5 or more fruits and vegetables each day. A diet rich in fruits and vegetables provides vitamins and minerals that are important for supporting growth and development. Encourage your child to eat one new fruit or vegetable each week. When shopping, start in the fresh produce section and have your child pick something out. Be colorful! There are a rainbow of colors when it comes to choosing fruits and vegetables.



### **Easy Snacks**

- Veggies with dip, salad dressing or hummus
- Snack kabobs: veggie or fruit chunks skewered onto thin pretzel sticks
- Mini bagel with cream cheese, nut butter or hummus
- Turkey roll-up: turkey slice rolled up with cheese
- Chips and salsa: whole grain baked pita chips or baked tortilla chips

### **Bowling**

Sign up for Kids Bowl Free. Select bowling centers and schools around the country participate in the Kids Bowl Free program. This program is designed by bowling centers to give back to the community and to provide a safe, secure and fun way for kids to spend time in the summer. Children are eligible to register for 2 free\* games each day of the program, all summer long, courtesy of the local bowling centers, schools and other local organizations.

[KidsBowlFree.com](http://KidsBowlFree.com): [Kids Bowl Free All Summer Long!](http://KidsBowlFree.com)

\*Cost of rental shoes not included

### **May Day Baskets**

It's May Day! It's time to commemorate the beginning of summer, the turn of the chilly and rainy months into warmer ones. Give baskets to loved ones or neighbors.

What can you include in a May Day basket in place of candy?

- Packets of seeds for growing fruits or vegetables
- Popcorn
- Small oranges, apples or bananas
- Fresh flowers

For an electronic version with clickable links, go to: <https://www.unitypoint.org/blankchildrens/fitness-and-nutrition-calendar.aspx>



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