

# Sleepover Oatmeal

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Physical

## What You Need:



- 1 cup rolled oats
- 1 cup milk
- ½ tsp. cinnamon
- 1 Tbsp. chopped nuts
- 1 tsp. vanilla extract
- 2 Tbsp. dark chocolate
- Your child's favorite such as: bananas, blueberries, strawberries
- 3 Mason jars

## What To Do:

1. Ask your child to help combine all the ingredients in a bowl and stir well.
2. Have her scoop the mixture into the mason jars.
3. Refrigerate overnight
4. Serve cold the next morning or warm in the microwave for 1 minute.



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