

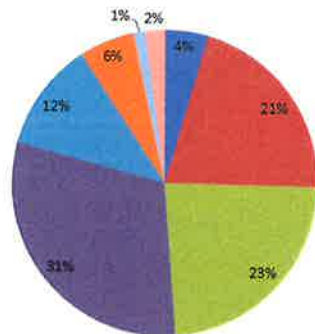
第1回目 早寝早起き実態調査

南部地区12ヶ園886人の調査結果

平成27年10月14日実施

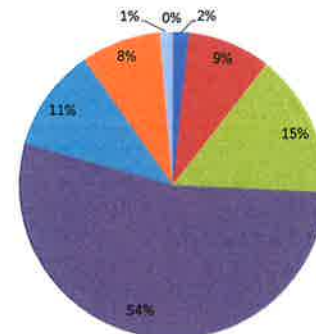
～就寝時間～

0才児



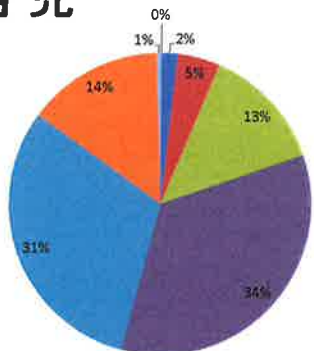
- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

1才児



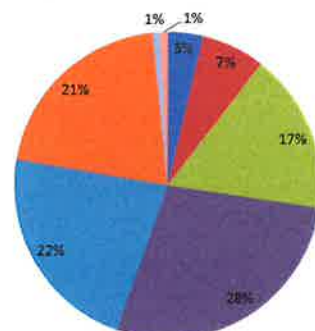
- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

2才児



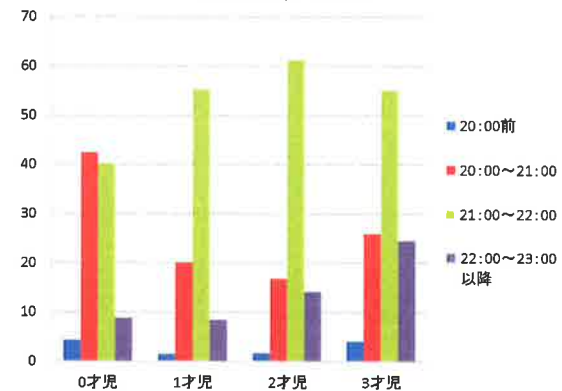
- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

3才児

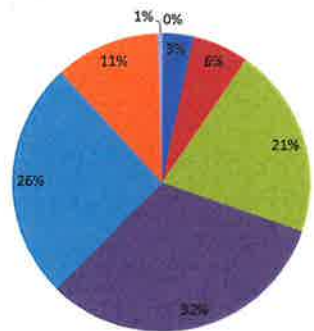


- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

就寝時間(0～3才児)

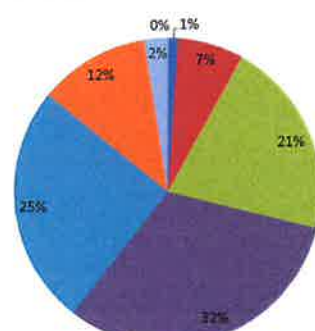


4才児



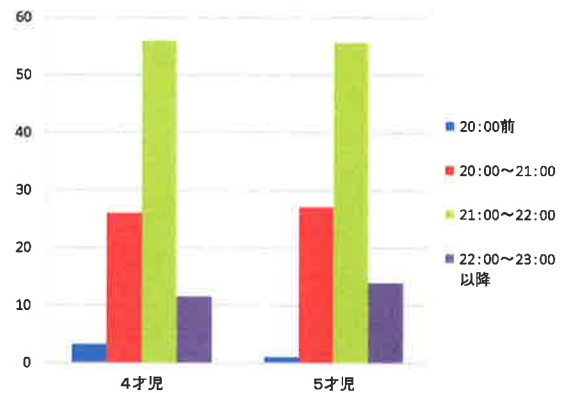
- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

5才児



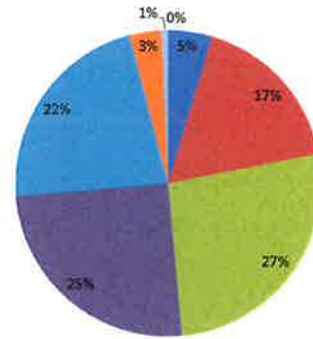
- 20:00前
- 20:00～20:30
- 20:30～21:00
- 21:00～21:30
- 21:30～22:00
- 22:00～22:30
- 22:30～23:00
- 23:00以降

就寝時間(4.5才児)

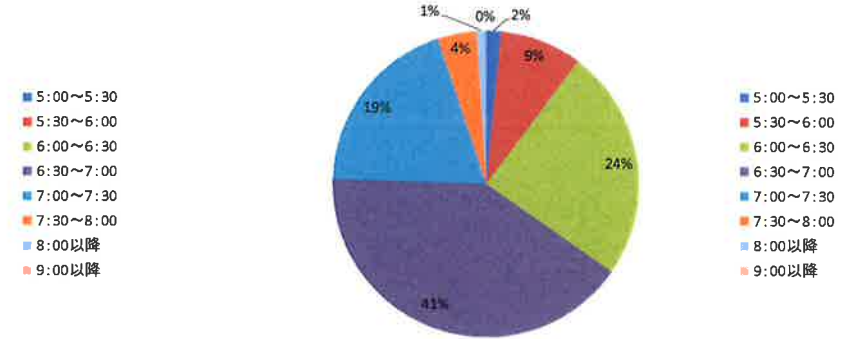


～起床時間～

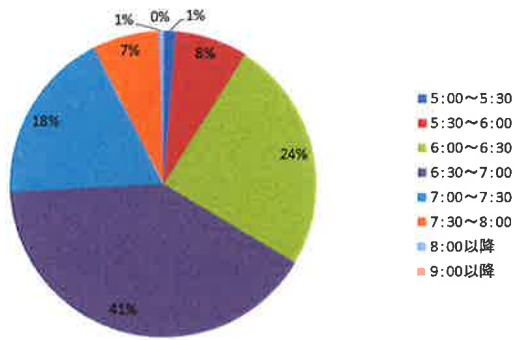
0才児



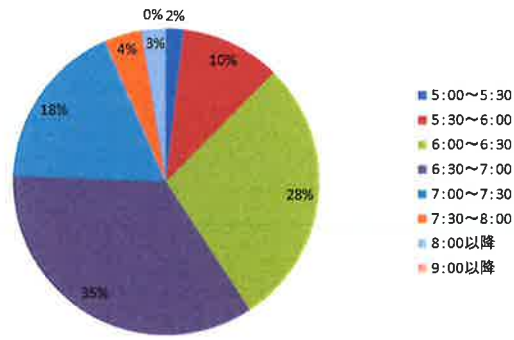
1才児



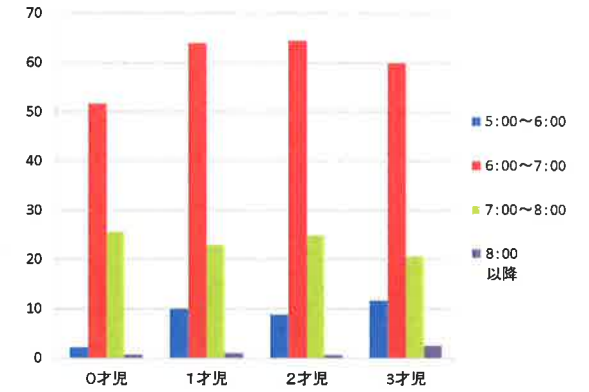
2才児



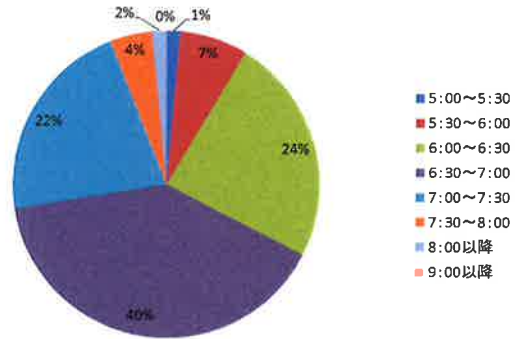
3才児



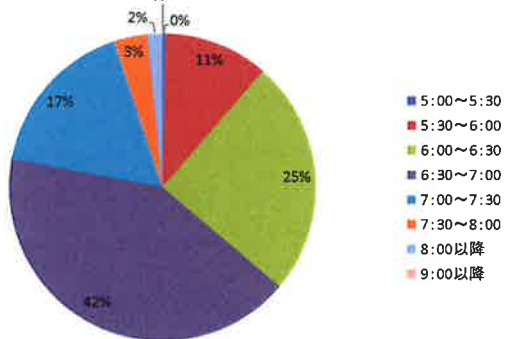
起床時間(0~3才児)



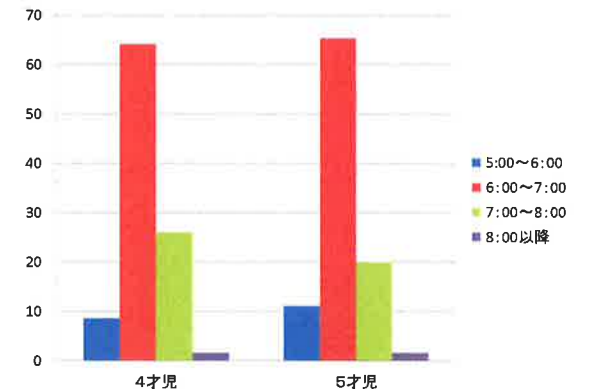
4才児



5才児

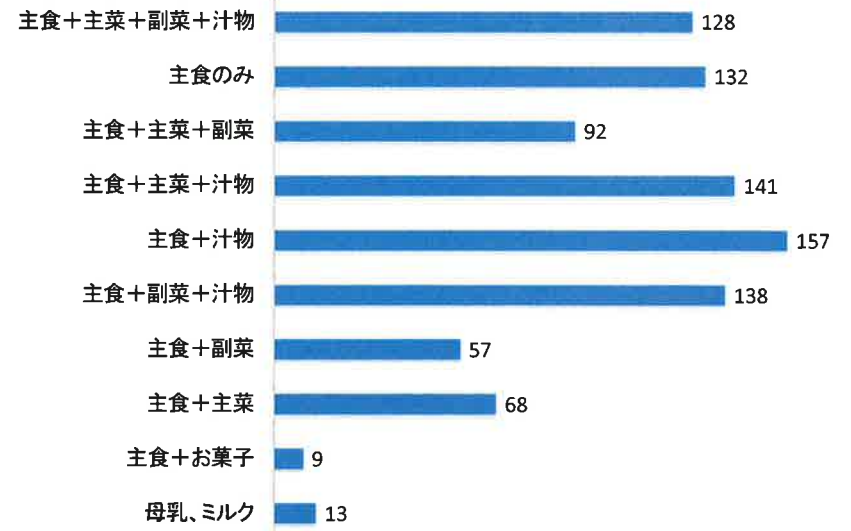


起床時間(4.5才児)

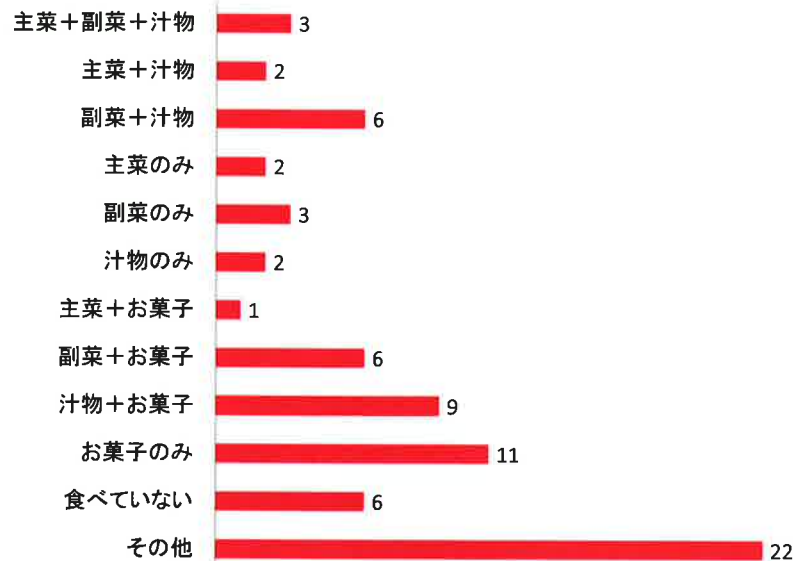


～朝食内容～

主食を食べている子



主食を食べていない子



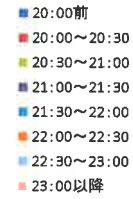
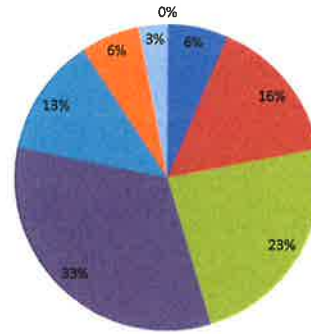
第2回目 早寝早起き実態調査

南部地区11ヶ園767人の調査結果

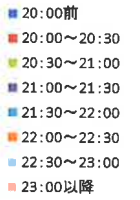
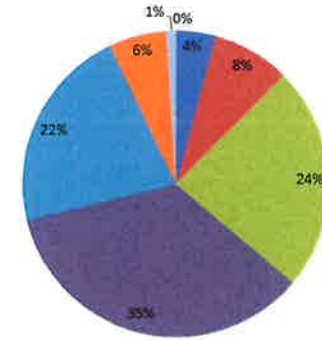
平成28年7月26日実施

～就寝時間～

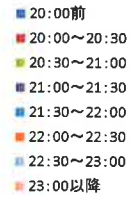
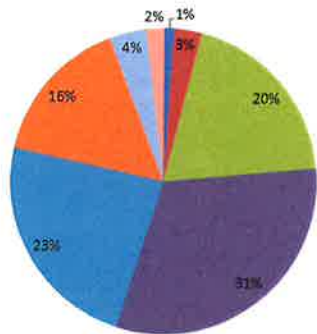
0才児



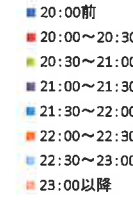
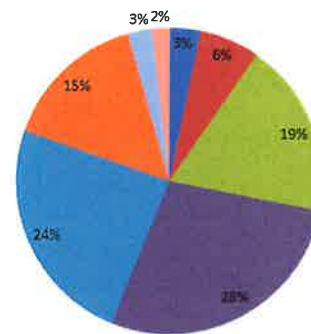
1才児



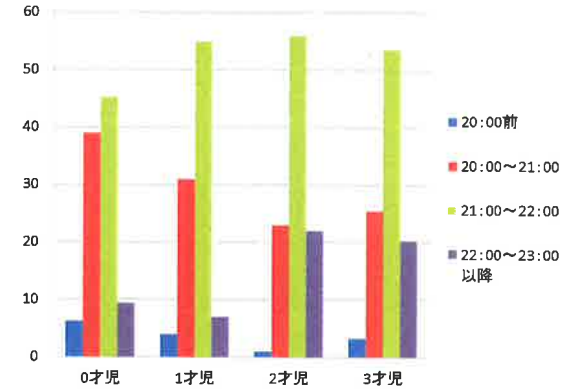
2才児



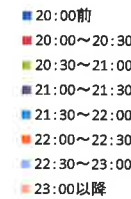
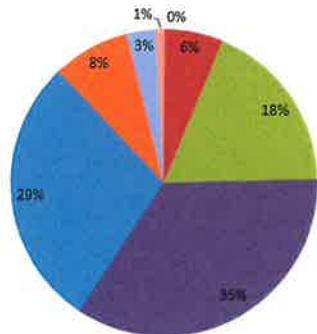
3才児



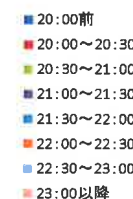
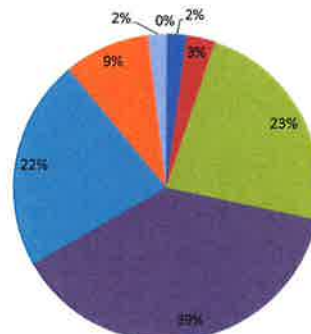
就寝時間(0～3才児)



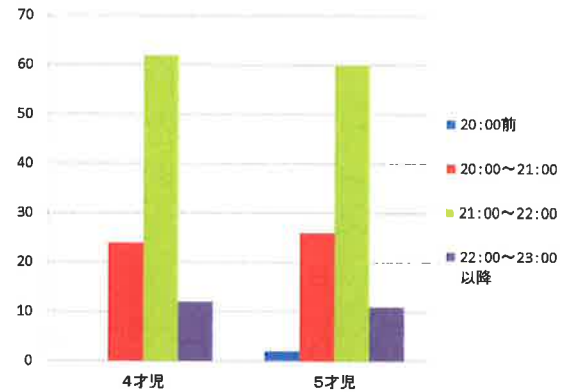
4才児



5才児

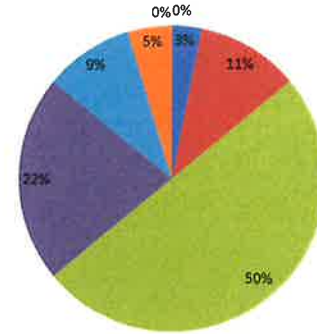


就寝時間(4.5才児)

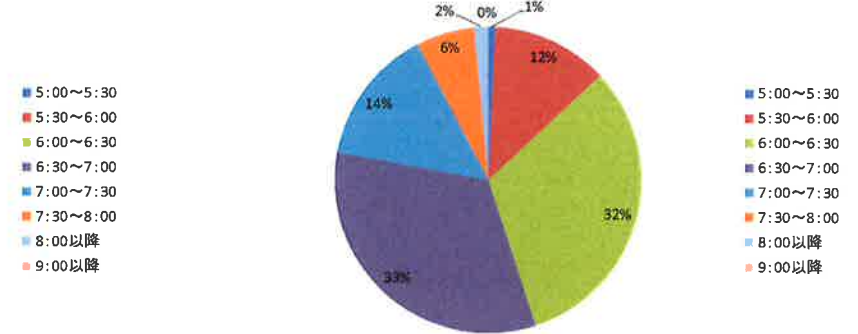


～起床時間～

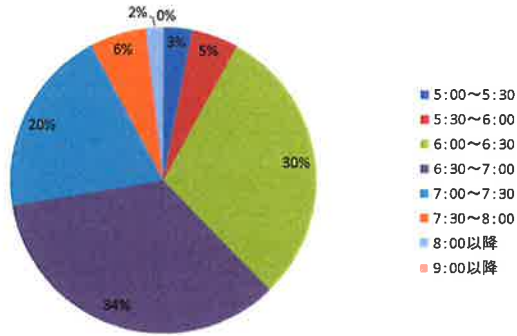
0才児



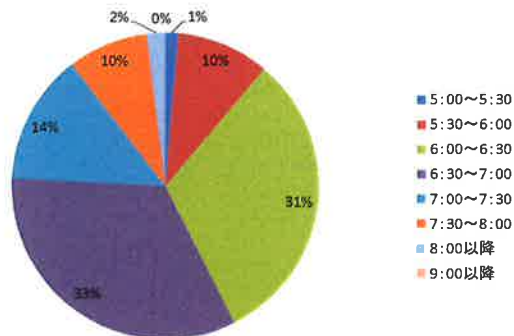
1才児



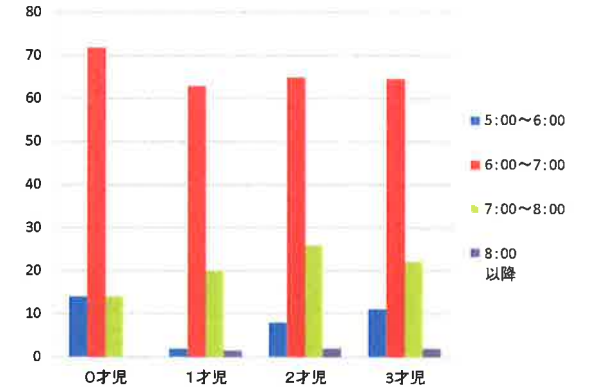
2才児



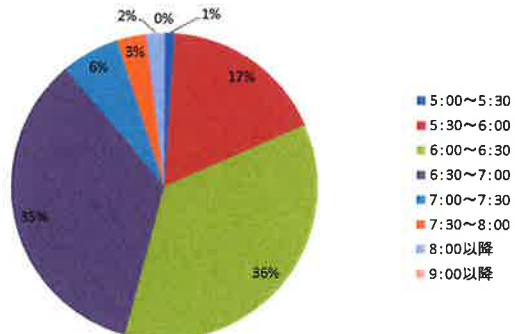
3才児



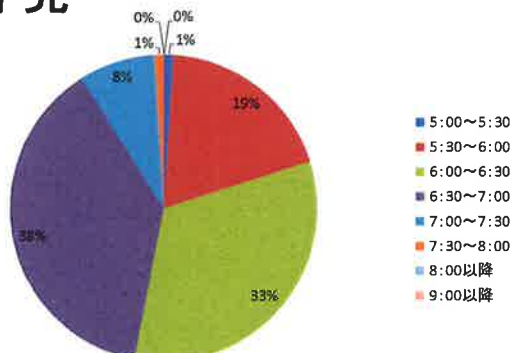
起床時間(0~3才児)



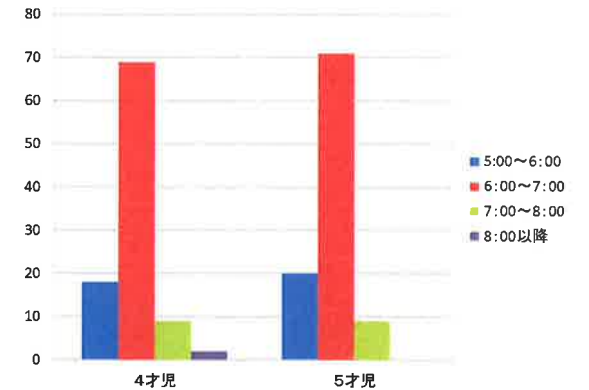
4才児



5才児

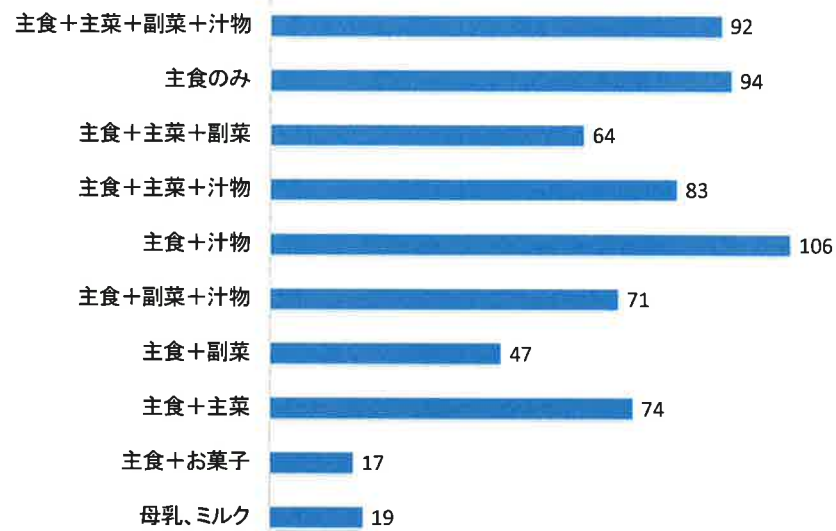


起床時間(4.5才児)

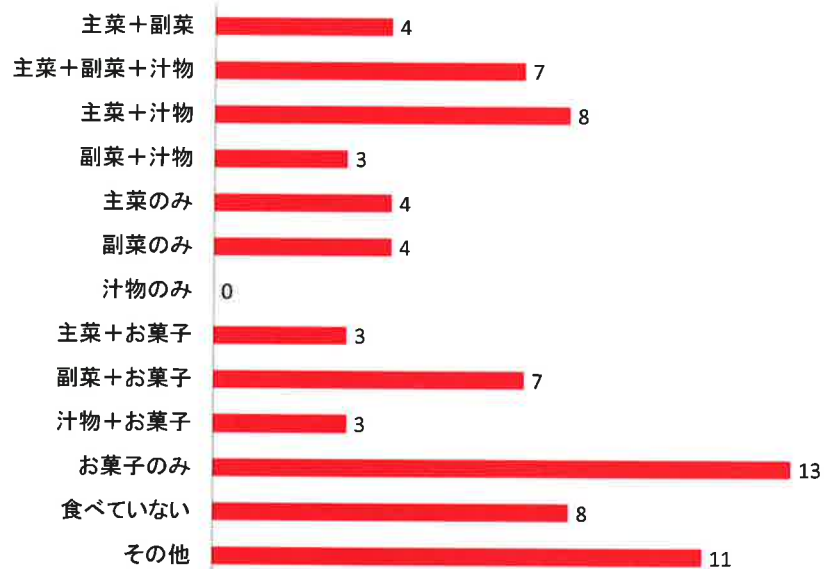


～朝食内容～

主食を食べている子

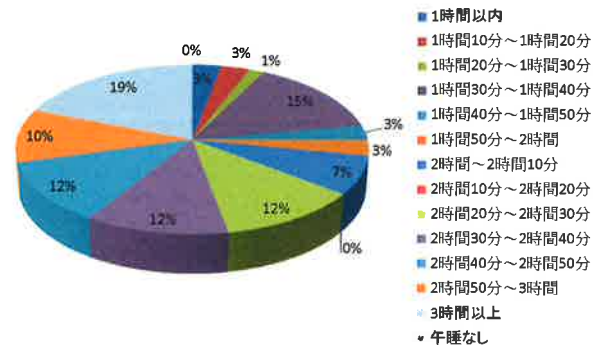


主食を食べていない子

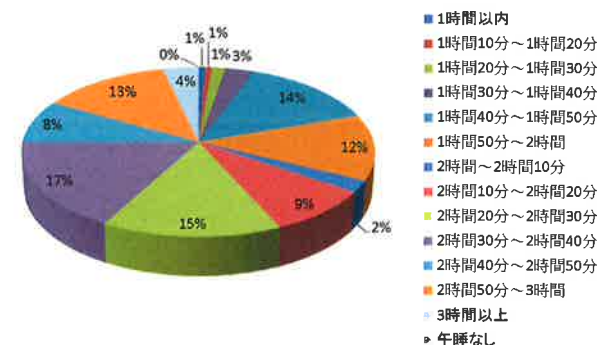


～午睡時間～

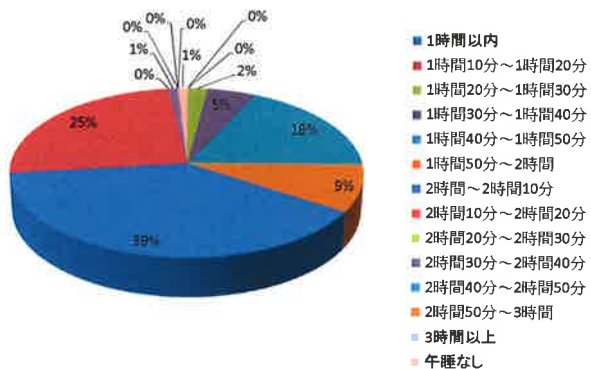
0才児



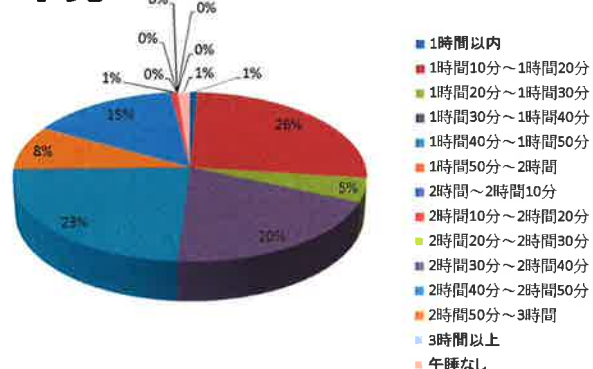
1才児



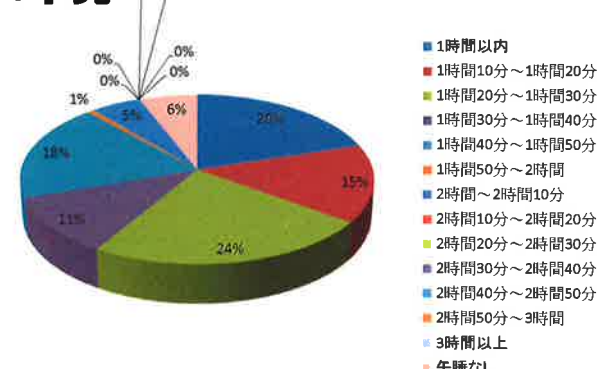
2才児



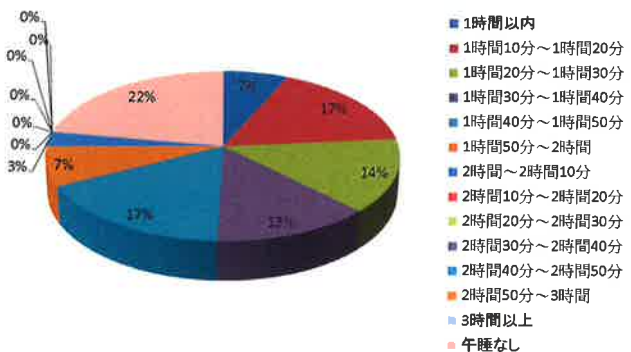
3才児



4才児

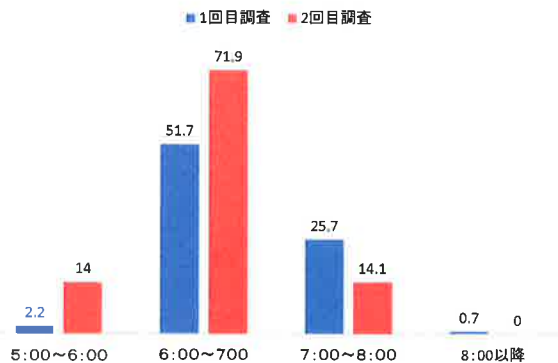


5才児

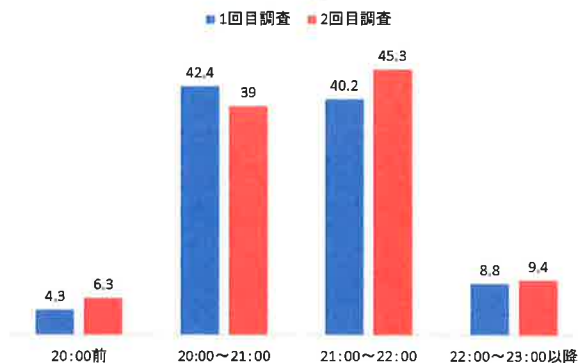


1回目調査と2回目調査の比較

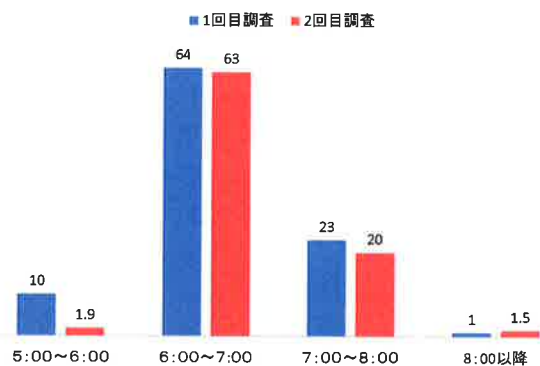
0才児起床時間



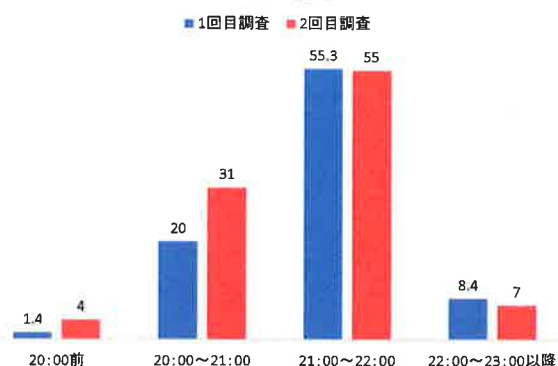
0才児就寝時間



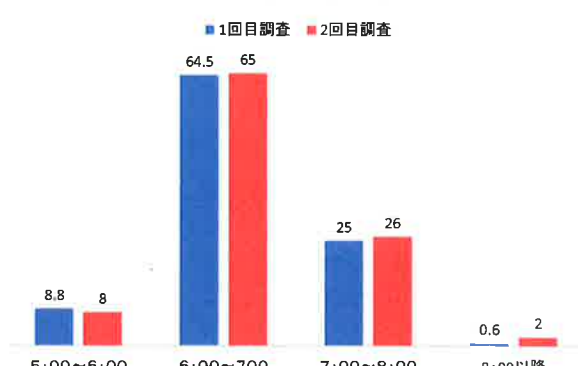
1才児起床時間



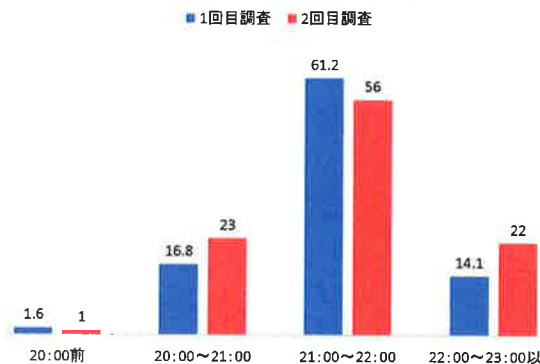
1才児就寝時間



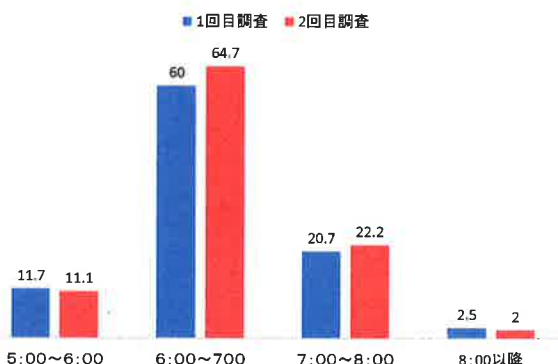
2才児起床時間



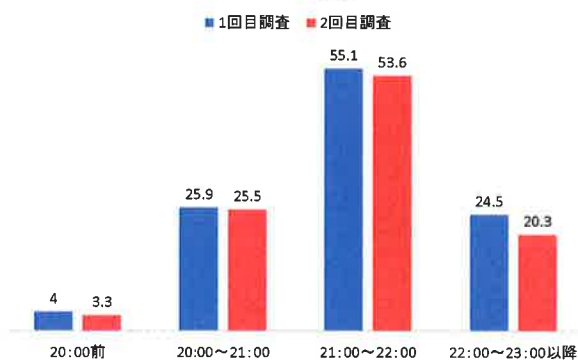
2才児就寝時間



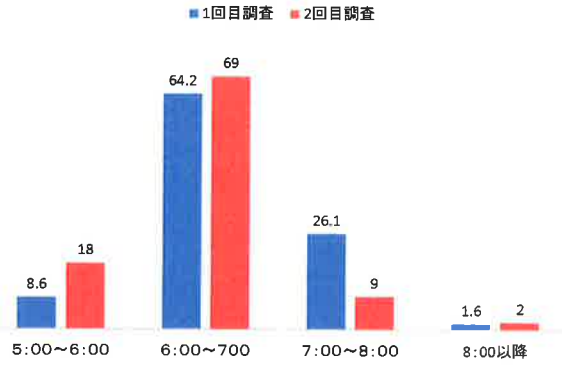
3才児起床時間



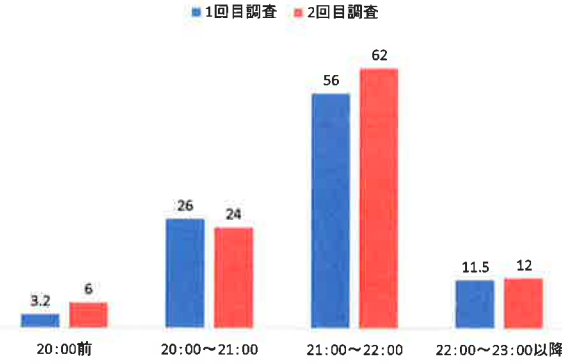
3才児就寝時間



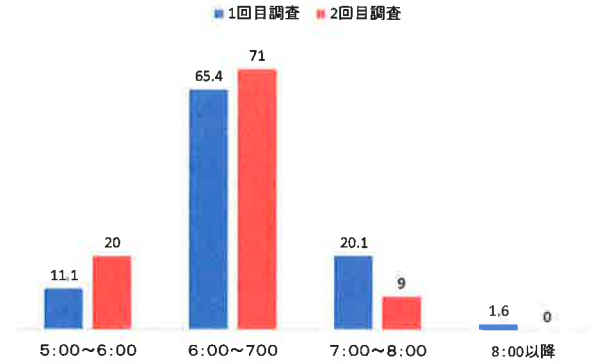
4才児起床時間



4才児就寝時間



5才児起床時間



5才児就寝時間

