

DROPPING *a Nap*

SO THINGS HAVE BEEN GOING GREAT WITH YOUR LITTLE ONE'S SLEEP AND THEN BAM! SOMETHING IS THROWING EVERYTHING OFF! IT MIGHT BE TIME TO CONSIDER DROPPING DOWN TO FEWER OR NO NAPS {GASP!}

WHEN DOES THIS HAPPEN?

- 3-4 months: drop from 4+ to 3 naps
- 7/8 months: drop from 3 to 2 naps
- 14-18months: drop from 2-1 naps
- 3 years+: drop from 1 nap to quiet time
- Remember, every child is different and children grow at different rates, so these are only GUIDELINES



WHAT TO LOOK FOR

- Last nap of the day becomes impossible
- Bedtime battles resurface
- Able to tolerate more awake time before naps during the day; AKA: takes longer to fall asleep when put down for naps
- Night wakings out of nowhere
- Morning wake time creeping earlier

HOW TO DO IT

- Gently push naps later during the morning by 10-15 minutes for a few days and then make another shift for the next 3 days until you reach your desired nap time.
- Offer a natural sugar food at the time your child would typically nap
- Bring bedtime up as last nap is phased out



WATCH OUT!

- Bring bedtime up earlier to avoid overtiredness.
- 6pm bedtime is not unheard of during a nap transition but it won't be there forever, I promise.
- Avoid scenarios that would inadvertently put your child to sleep at their "normal" nap time such as car rides, stroller rides, etc..

PATIENCE GRASSHOPPER

- Nap transitions can take several weeks to smooth out.
- In the mean time, it is ok if your Little One sneaks a late nap in on some days; just make it a 'cat nap' and push bedtime out a little later and try again for the adjusted schedule the following day.

