

# DROPPING the NAP



Tips and strategies for a seamless transition away from daytime sleep



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**Child's Age:** Before you start transitioning, it's essential to consider your child's age. Most children stop napping between ages 2.5 and 3.5.

**Signs of Readiness:** Look for signs that your child might be ready to drop the nap. These signs can include taking longer to fall asleep at night, waking up early in the morning, or refusing to nap during the day.

**Developmental Milestone:** Language surges can be a reason for a toddler protesting or playing through a naptime. If you've noticed a increase in your child's vocabulary or babbling, give it a couple of weeks before deciding to drop the nap to see if it subsides.

**Quality of Night-time Sleep:** Monitor if the quality of your child's night time sleep improves over time without the daytime nap. They should be sleeping soundly for 11 to 12 hours, and waking up refreshed.

**Shift bedtime if necessary:** If your little one seems tired before their usual bedtime, go ahead and move bedtime up by a half an hour or so. It's important to avoid overtiredness so their body doesn't go into overdrive.



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**Quiet Time:** Instead of their usual nap, have your child play quietly in their room, (coloring, playing with toys, looking at books) and set a timer for 30-45 minutes. Let them play independently for this session when they would previously have been down for their nap. No TV or screens.

**Quiet, not boring:** These activities should be fun, but not overly stimulating. Coloring books, puzzles, looking at books, or playing with Duplo blocks. Avoid noisy toys so your child's brain can relax.

**Hang in there:** It may take a few days for them to adjust to this “quiet time” change, but stay consistent and they'll get the hang of it, and might even start to look forward to it!

**Don't get discouraged:** You may notice some heightened irritability on your child's part around dinner time. This is common and should pass within a couple of weeks once their body has adjusted to their new schedule.



# QUIET TIME ACTIVITIES



**Coloring or drawing:** Provide your toddler with coloring books, crayons, markers, or washable paints. This activity encourages creativity and helps develop fine motor skills.

**Puzzles:** Choose age-appropriate puzzles with large pieces for your toddler to solve. Puzzles help with cognitive development and problem-solving skills.

**Quiet reading time:** Create a cozy reading corner with age-appropriate books. Encourage your toddler to explore books independently or read to them aloud.

**Sensory play:** Set up a sensory bin filled with rice, beans, or colored pasta. Add scoops, small containers, and toys for your toddler to explore textures and enhance their tactile skills.

**Playdough or clay:** Provide your toddler with playdough or clay and let them mold and shape it. This activity enhances sensory development and creativity.

**Building blocks:** Let your toddler play with building blocks or Lego Duplo. They can build towers, houses, or anything their imagination desires. This activity promotes spatial awareness and fine motor skills.



# QUIET TIME ACTIVITIES



**Quiet toys:** Keep a collection of quiet toys, such as stuffed animals, dolls, or action figures, that your toddler can engage with independently.

**Board games:** Introduce simple board games designed for toddlers, such as matching games or memory games. This activity promotes turn-taking and basic counting skills.

**Music time:** Play soothing or instrumental music for your toddler to enjoy. You can also provide them with simple musical instruments like a xylophone or tambourine.

**Puppets or finger puppets:** Encourage your toddler to engage in imaginative play by using puppets or finger puppets. They can create their own stories and act them out.

**Sorting and organizing:** Provide your toddler with objects like buttons, shells, or beads and let them sort and organize them by color, size, or shape. This activity enhances their cognitive and fine motor skills.