



## Giving Up "The Nap"

Oh no – no more nap! While a lot of parents live in fear of removing their child's nap, there are a lot of benefits to it. Not only are you not tied to your house in the middle of the day, but you also going to notice that your child is ready to do it!

### **When to give up your child's nap -**

A toddler shows signs of being ready to remove their nap when it starts to take them a long time to fall asleep at bedtime. Ironically, they may still seem very ready for their nap, however, when bedtime starts to hit closer to 8pm, and you still notice them not falling asleep quickly, that's when you know it's time. You've not only cut their nap to one hour, but it's starting to affect their most important sleep – the nighttime consolidated sleep.

Most toddlers give up their nap between the ages of 2.5 year – 3.5 years

### **How to remove your child's nap -**

Well, there's no easy way but to just do it. Pick a day when you can provide additional support for a few days and jump right in. I won't lie – this change will be hard on everyone for 5-10 days. Your toddler will be grumpy, sensitive and will need additional patience and support from you. Expect to pull their bedtime to 630pm for the first few days, and then slowly you can move it closer to 7pm. However, this should be the latest for a long time. If they have a clock in their room, keep it at the same time for mornings. Remember, this change is a big one, and they won't learn overnight how to sleep longer at night, but it won't take long.

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