



How do I Know if my Baby/Toddler is Ready to Drop a Nap?

If most of these signs are happening to your baby, and they have been consistent for one week, then it's time to take the leap and drop one of your baby's naps.

- #1.** One of their naps is getting shorter and shorter, usually only lasting 20-25 mins.
- #2.** Your baby/toddler is not acting as tired when it comes close to nap time. This shows they need a longer awake time.
- #3.** Protests going down for a nap, and it gets progressively more difficult to get to sleep.
- #4.** Your baby/toddler flat out refuses to nap.
- #5.** Takes one longer nap than he/she usually did.
- #6.** Your baby/toddler starts to wake up earlier in the morning as a result of too much sleep during the day.
- #7.** Wakes more frequently in the night. Again, a result of too much sleep during the day.

Before dropping a nap, make sure that a few of these signs have been consistent for at least a week. If you do a nap transition too early, your



baby/toddler will end up overtired.

If you're still struggling with knowing if it's time to drop a nap for your little one, you can schedule a [FREE 20 minute consultation](#) where we will discuss what your little one's sleep schedule is like now and what needs to happen next.