



Baby Sleep Made Simple

CALMING PRE-NAP ROUTINE

FOR 1 YEAR-OLDS

1st: Announce to your toddler that nap time is in 3 minutes.

THEN, TO THE BEDROOM

DIM THE LIGHTS

WHITE NOISE ON



PUT ON PAJAMAS & SLEEP SACK



CUDDLE AND READ 1 BEDTIME BOOK



SING A LULLABY TO HELP YOUR TODDLER RELAX

GOES INTO BED TO FALL ASLEEP



TURN OFF THE LIGHTS

This routine should take 10-15 minutes total.

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