



CALMING PRE-NAP ROUTINE

FOR 2-4 YEAR-OLDS

1st: Announce to your child that nap time is in 5 minutes.

THEN, TO THE BEDROOM



WHITE NOISE ON



PUT ON PAJAMAS & SLEEP SACK



CUDDLE AND READ 1-2 BEDTIME BOOKS

SING A FEW LULLABIES TO HELP YOUR TODDLER RELAX

GOES INTO BED TO FALL ASLEEP



TURN OFF THE LIGHTS

This routine should take 10-20 minutes total.