

# 2-1 NAP TRANSITION

Your baby has previously been sleeping beautifully but now you're experiencing some difficulties surrounding naps. How do you know it is time to make the transition from 2 to 1 nap? If you experience any of the following signs for more than 2 weeks, it may be time to make the transition:

- Baby is 12 months +
- Overall nap length is decreasing
- Stamina is increasing
- Long periods of crying or playing in crib before falling asleep (30+ min) at naps or bedtime
- Bedtime is being pushed past 8pm due to late last nap

## **But HOW?**

1. Begin by pushing first nap of the day later by 15-30 minutes for at least 3 days. Do the same for second nap.
2. Allow your child to sleep for up to 2 hours for first nap.
3. Offer a 'cat nap' in car or stroller around 3:30, for less than 1 hour, ideally around 30-45 minutes. \*Remember that we are trying to ultimately phase this nap out.
3. Depending on how your child responds, move first nap 30 minutes later again on days 4-7. If the first move was problematic, take a few extra days to adjust before making the second shift in time or offer a smaller 15 minute shift instead.
4. If your child takes the second cat nap of the day, feel free to move bedtime back to 8pm.
5. If your child DOES NOT take the cat nap in the afternoon, bring bedtime up EARLY closer to 6:30pm.

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## IDEAL 1 Nap Schedule - About 4-6 hours of awake time:

- 7:00am: Wake, Eat, Play
- 11:30am: Lunch Time
- 12:00pm: Nap Time
- 2-3pm: Wake, Snack, Play
- 5:30pm: Dinner
- 6:30/7pm: Bedtime Routine Begins
- 7-8pm: Bedtime

### Things to Remember:

1. Naps can take 4-6 weeks to solidify, so be patient.
2. The Cat Nap is temporary and designed to help smooth out this transition while avoiding overtiredness.
3. Avoid sleep past 4pm to help preserve bedtime.
4. Offer some natural fruit sugars or outside time to aid in extending out awake periods.
5. Avoid car rides/stroller rides at *previous* nap times to prevent inadvertent naps from happening.
6. Every child is different. Some may have a slightly shorter first awake period, or a slightly longer first nap - respect your child's natural rhythms while guiding them in the right direction.

Nap transitions can be tough.

Please let me know what questions I can answer for you.

[Nap transition packages are available if needed.](#)

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