rest your body, not always sleep

Quiet *Time*

For the months when naps come and go. Read it together, then put it where your child can see it.

🛌

I stay in my room or my quiet spot.

📚

I can look at books, build or draw quietly.

😴

If my body is tired, I can sleep.

⏰

When the clock says so, quiet time is over.

Quiet time starts at _____ and ends at _____

My quiet-time box. Books, a puzzle, a few blocks, crayons and paper, a soft toy. Only for quiet time, so it stays special. **For the grown-up.** Start with 20 minutes and add 5 minutes every few days, up to about an hour.

the in-between months

Nap *Transition* Planner

Track two weeks. Nap days and no-nap days both count. Look for the pattern, not the perfect day.

Day	Nap? (time)	Bedtime	Asleep within 20 min?	Mood late afternoon
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

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