*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.

Free printable. For personal use, share the page, not the file.

*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 | | | | |