

# Exploring

## infants and toddlers

Capital District Child Care Council

*a tipsheet for parents and caregivers of children ages 0 to 2*

### Nap-time

Nap-time is one of the most intimate daily routines for young children. The transition from being awake to falling asleep is a time when babies develop trust in their caregivers. Responsive caregivers help babies establish predictable routines early on, because they understand that rest is an important part of early health and learning.

- Establish a specific nap-time routine and stick to it as closely as possible.
- Learn baby's sleepy time cues as they grow and work with their own changing individual schedules.
- Encourage babies to choose a favorite nap-time item.
- Learn and respect each child's attempts to self soothe (humming, rocking, nap-time toy, looking at a quiet book)
- Encourage babies to develop their own self soothing skills as opposed to rocking cribs.
- Avoid stimulating activities just before trying to settle babies down.
- Avoid feeding just before nap or letting babies drift off while nursing or having a bottle.
- Ensure that their nap-time environment is calm and restful.
- Provide soothing music used specifically at nap-time.
- Provide gentle back rubs can help children to transition from crib to cot.
- Share a soothing story or lullaby with babies as they drop off to sleep.



**Naps help babies refresh and maintain energy for the rest of their busy days.**