



The Psychology of child sleep therapist training

2-3-Year-old Routine

7 am	Awake
7.30/8 am	Breakfast
10.30 am	Snack
12 pm	Lunch
12.30 pm	Wind down
1 pm	Nap
2.30/3 pm	Awake (important that they are awake by 3pm)
2.30/3 pm	Snack
5 pm	Dinner
6 pm	Bath, calm down and ready for bed
6.30 pm	Milk
7 pm	Bed

By the time a child gets to 2-2 ½ years old, we can see nap resistance. Lots of parents see this as a sign that their child is ready to drop their nap. This is rarely the case; it is more likely that their fear of missing out is heightened with their growing curiosity of the world and increasing independence.

This is the time when a good wind down time is essential. Extend the time if necessary, to make sure the child is in the right frame of mind and is super calm before their nap.

Some children do drop their nap around 2 ½ and despite their parents' best efforts to get them to nap, they can't manage it. Always encourage the nap for at least a week with a good calm down routine, if the nap is still not happening, bedtime will have to be brought forward by 30/60 minutes to prevent the child from becoming overtired before bedtime.

The nap really needs to go when bedtime becomes a battle, rather than the child resistance to a nap.