

SWEET NAPS

BY SWEET
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Top Tips for Nailing Naps

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1. Schedules are your best friend

Knowing the perfect schedule for your little one is one of the best ways to get a jumpstart on ease-free napping.

2. Spot the sleepy signs

Do you know your child's signs that sleep is near? It might be rubbing eyes, pulling ears or one yawn. When you spot the sign, get ready to start the pre-nap routine.

3. Avoid overtiredness

Especially important for infants, avoid being awake too long (or not long enough!) and eliminate crankiness. A fussy, overtired baby will want to resist sleep. Making them even more tired.

4. Build a bedroom designed for sleep

It can make it harder to nap if the sunshine is peaking in. Get blackout blinds and curtains for the windows. Use a white noise machine to block out the sounds of the day.

5. Keep on-the-go naps for special occasions

Once your child learns how to fall asleep in their crib, they will sleep longer and more soundly. For times when napping just *has* to happen on the go, consider buying some products designed to improve their sleep like sun and sleep shades designed for your stroller or car seat.

Book a [free consultation](#) for tailored support

To say goodbye to sleepless days and nights, get professional sleep support. For more information, email: info.sweetdreamzbaby@gmail.com