Nap Troubleshooting

5 Minute Routine Diaper Change, quick story, kisses & cuddles

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White noise on, lights off, curtains closed & in bed awake. Say "Night night" & leave room or sit in the chair, method dependant.

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Crying

Yes

No

No → Yay! You are free! Only wake them up if they sleep longer than we've discussed

Yes →

Have they fallen asleep at all?

Yes →

Have they been asleep for an hour?

→ Get them up. That was a great nap!

No →

Have they been in a crib for an hour from the time they fell asleep? (Crib hour?)

→ No →

Wait 10 min from the start of 1st cry

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Apply crib hour leave from 1 hour from the time they fell asleep. Use your checks as needed, or resume sitting in the chair

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If baby is still awake after crib hour is complete, get baby up

Yes →

Get them up

Yes ←

Invertval Check-Ins

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Wait 10 minutes from the start of 1st cry

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Go in & offer comfort.
Do each of the following steps for 30-60 seconds in the following order.
1) Voice 2)Touch

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Leave the room

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Wait 10 minutes

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Go in & offer comfort.
Do each of the following steps for 30-60 seconds in the following order.
1) Voice
2)Touch

↓

Leave the room

↓

Continue this cycle until baby is asleep or until it has been 1 hr and 10 min

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If they don't sleep & it's been 1 hr 10 min, take a 20-30 min break. After the break, go back into the room for a 2nd try. Offer an optional 30 second reset pick-up and lay back down awake. Say "Night night" & leave the room. Try for nap time again for 30 mins. If they still won't sleep, this is now a Nap Emergency. Take baby for a walk in the stroller or drive in the car and call that a nap.
DO NOT REVERT TO BABY'S OLD FAVORITE WAY OF GOING TO SLEEP!

Yes ←

Sit in the chair

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Go to bed, offer comfort. Do each of the following steps for 30-60 seconds in the following order.
1) Voice 2) Touch

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Sit in the chair

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Wait 2-3+ minutes

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Go to bed, offer comfort. Do each of the following steps for 30-60 seconds in the following order.
1) Voice 2)Touch

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Sit in your chair