

10 Steps to Transition Your Kid From Naps to Quiet Time

A Free Guide from Big Little Feelings





It can feel straight-up **SCARY** when your kid is on the verge of completely dropping their nap. *What does that mean for me?! I need a rest, even if they don't! Am I gonna lose my midday ME-time?!!* You might be dreading this moment, but not to worry, that's where **Quiet Time** comes in.

Our **BLF Quiet Time** plan is a great solution for helping your toddler rest their body and their mind and still gives **YOU** a midday break when they're ready to drop their nap.

Remember: You are going to **ROCK this transition to Quiet Time, because you're an amazing, capable parent who can handle anything (don't you forget it!).**

You might be wondering: Is my kid *really* ready to drop their nap for good?

If you're seeing any of these signs or milestones, the answer is probably yes:

- ✓ **Your toddler is 3-4 years old (sometimes, rarely, late 2-year-old).**
- ✓ **Your toddler only sleeps half the time for nap times or really resists their nap.**
- ✓ **You have a lot of pushback at bedtime. It is taking them **forever** to fall asleep.**
- ✓ **Your toddler wakes throughout the night (this can also be a sign they're getting too much sleep during the day and it's impacting their nighttime sleep).**

These are signs that it might be time to do away with scheduled naps. But instead of cutting naps cold turkey, which can be a lot for a toddler, we like to swap in naps for **Quiet Time**.

What's **Quiet Time**, you ask?

Quiet Time is a rest period for your toddler to reset and recharge their mind and body so they can make it to bedtime without breaking down from exhaustion.

Imagine you've been napping your whole life, and suddenly, you're supposed to pull an all-dayer, just like that! That'd be a lot for you too.

Not only is this a period of rest for your little one, but a moment for you too, so you don't lose the precious afternoon ME-time you deserve.

Are you ready to learn how to implement **Quiet Time** in your home? Keep reading! We've got you covered with 10 steps to make **Quiet Time** a success.



10 Steps to Make Quiet Time a Success

1. PREP

Talk about your plans for implementing **Quiet Time** five days in advance, so they can prepare themselves for the day **Quiet Time** rolls around.

2. PICK A START TIME

Keep them updated on when **Quiet Time** will begin. "**Quiet Time** starts in an hour," or "**Quiet Time** starts in 10 minutes."

3. MAKE THEIR ROOM TODDLER SAFE

Remove any objects that require adult supervision so they can safely be on their own.

4. ESTABLISH A PRE-QUIET TIME ROUTINE

We like to eat lunch, go potty, and read one book together. Do what works for you.



5. OFFER CHOICES

Help your toddler feel like they are in control by giving them options: “Today, for **Quiet Time**, you get to choose. Do you want to read books and play in your room, or do you want to nap instead? Listen to your body.”

They will always choose playing over napping—that’s fine! They usually get stoked for play time instead of their normal nap.

6. HYPE-IT-UP WITH A NEW ACTIVITY

Talk about the new activity that morning, then explain the activity step-by-step at the start of **Quiet Time**. Keep it simple: Sorting pom-poms by color, using their new stickers, etc...

QUIET TIME ACTIVITY IDEAS:

- Sorting pom-poms by color
- Sticker books
- Coloring books
- A PJ Mask/Daniel Tiger/Frozen characters setup (whatever they are into!)
- Listening to a podcast or audio book
- Paint with water books
- Lacing dolls
- Pipe cleaners + a colander
- Drawing/coloring on a big cardboard box
- Magna-Tiles

Pro Tip: We always have a backup stack of books and a basket of stuffed animals too, in case they want something else.

7. USE A CLOCK LIGHT TO TIME YOUR QUIET SESSIONS

When **Quiet Time** begins, we recommend using a timer or clock that changes color (we like the **OK to Wake Clock Light**) to indicate when **Quiet Time** is over. Start your **Quiet Time** on red, and when **Quiet Time** is over, turn the color green to indicate the session is over.

"When the light turns green, that means we're all done and it's time to come out!"

8. START SHORT

Starting in small increments really helps your toddler have a positive experience with **Quiet Time**. On Day 1, start with just three minutes and work your way up.

TIP: You can watch on the monitor like you would during naptime. If at any point during Quiet Time your toddler is crying or having trouble, you can always shorten the time and turn the light green right away. The goal is to always make them feel safe.

9. BE EXCITED AND CELEBRATE!

Celebrate making it to green so they feel proud of themselves each day!

10. STRETCH THE GOAL TIME

Add 1-2 minutes per day as your toddler gets more comfortable. Before you know it, you'll be at an hour of **Quiet Time** every day!

STRUGGLING WITH ALL THINGS TODDLER? WE GOT YOU!

Our online course, *Winning the Toddler Stage* (ages 1-6) is the **only** behavioral course you need for the toddler and preschooler years. It covers every toddler topic under the sun: tantrums, discipline, picky eating, sharing, screen time, parent preference, hitting/kicking/biting — and yes, toddler sleep! No add-ons or gimmicky workshops necessary. *Winning the Toddler Stage* is ONE course with everything you need.

Love the course, or your money back.

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