



Tackle a nap strike



# TACKLE A NAP STRIKE

## *Nap Strikes:*

Maybe after reading all these signs its now obvious to you that your toddlers nap refusal is not a sign they are ready to drop a nap, but more a difficult sleep phase, what can you do to bring back nap time bliss?

Toddlers thrive on boundaries and consistency, if you are certain that actually your toddler's antics at nap time are actually just a nap strike and they aren't ready to drop a nap, prepare to do some work for a few days.

Create a consistent nap routine that transitions your toddler from play time to nap time while avoiding FOMO (fair of missing out!).

Set up boundaries, both physically (a cot or baby gate) and metaphorically.

Big bed transition,  
often means no  
more naps.



Big beds come with  
a lot more freedom,  
and temptations, a  
LOT of impulse  
control is needed to  
stay in bed at nap  
time compared to  
night time.

Decide that 12.30-2.00pm is nap time, and in that time your toddler will remain in bed, and you will remain as cool as a cucumber!

Toddlers can really scream and shout during nap strikes, it is our job as parents to acknowledge those difficult emotional outbursts, but not fuel them with stimulation and inconsistency.

You might start with books they can look at for half an hour, and then insist on half an hour of lying down time.

Or go straight back to insisting this is nap time.

You can sit by your toddler's bed or cot if you want to be supportive, lie them down when they stand up.

Shush or sing quietly when they are emotional, touch them intermittently if they need help calming down but don't do the job of falling asleep for them.

Alternatively, if they are winding you up or vice versa, leave the room for 10 minutes, return and lie them down. Check they are safe, console them, remind them it is actually sleep time, and then leave for another 10 minutes. Rinse and repeat until they go to sleep or for a maximum of six cycles.

## NAP STRIKE HINTS

Try these 4 tips during a nap strike

Sit on the floor by their bed/cot, not a chair.

Stick with the cot and sleeping bag as long as you can.

Wait an extra 20 minutes before leaving!

Try a travel cot in the day, and big bed at night.



### **Hint 1:**

Sit on the floor by their cot instead of a chair and they are more likely to lie down in order to be near your head. A chair has your head at the top of the cot height which encourages standing.

If you're tired, lay down on the ground (you can add a mattress), and close your eyes. You are role modelling sleep!

### **Hint 2:**

If you think they have fallen asleep, close your eyes and enjoy the quiet, don't leave too soon as toddlers can take 20 minutes + to fall asleep and you leaving might put you back to square one if they are not fully asleep.

### **Hint 3:**

Keep your toddler in a cot and sleeping bag for as close to 3 years old as possible, both of these items help preserve both your nap and night sleep.

## Hint 4:

Some toddlers move to a big bed and are ok at night, but this results in them dropping their nap. This is due to their being less sleep drive in the day, so more impulse control is needed, and they just aren't there yet. **If this is your toddler you might have success using a travel cot for naps and the big bed at night.**

If your toddler is just having a nap strike and genuinely still needs their nap they will likely fall asleep in the car if you go out late in the afternoon.

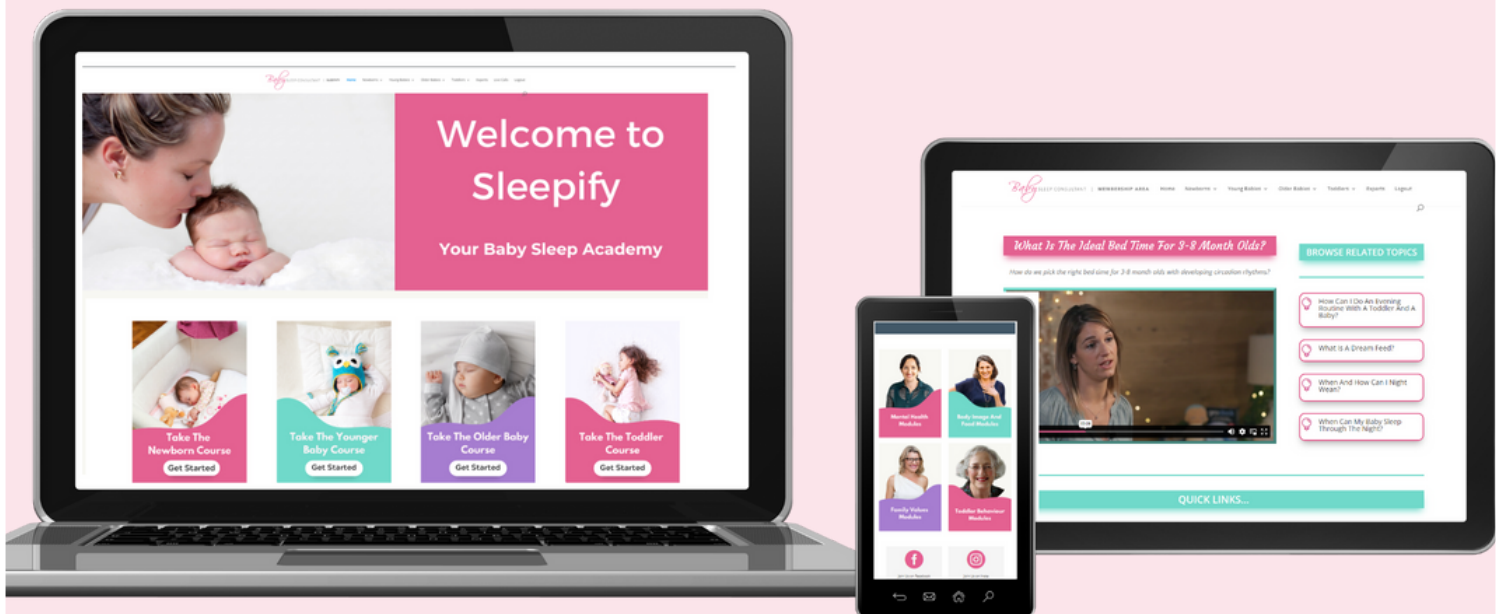
They will **struggle to play independently** and become **clingy** around dinner time, often **not eating well** either, they are simply too tired to focus on eating.

This lack of day sleep in a toddler who needs it will often also result in upset night wake ups, crying and difficult bed times, and screaming early risers.

# Baby Sleep Consultant

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## Author

**Emma Purdue** is the owner and founder of Baby Sleep Consultant NZ and Australia, Happiest Baby on the Block educator, and Mother of 3. She has a Bachelor of Science and a Diploma in Education from the University of Auckland.

Her approaches in child sleep have led to developing an international training company, certifying and training sleep consultants worldwide. [www.babysleepconsultanttraining.com](http://www.babysleepconsultanttraining.com)

Emma's team of consultants has helped over 50,000 tired parents around the world; they understand sleep in all areas, as well as parental stress and the emotional challenge we face as parents when trying to improve our children's sleep.

It's not easy and you only want what's best for your child. The Baby Sleep Consultant Team have many free resources on our website in addition to this sleep guide [www.babysleepconsultant.co](http://www.babysleepconsultant.co)

We have live sleep Q&A on our Instagram every Sunday <https://www.instagram.com/babysleepconsultant/> join us for one soon!

If you need some one on one assistance we offer phone, email and home consults, please get in touch [admin@babysleepconsultant.co.nz](mailto:admin@babysleepconsultant.co.nz)





## *Emma Purdue*

Emma is the owner and founder of Baby Sleep Consultant, she is a Certified Infant and Child Sleep Consultant, Lead Educator for Baby Sleep Consultant Training, Happiest Baby on the Block Educator, has a Bachelor of Science and Diploma in Education, she is a Gentle Sleep Expert and Mother of 3.