

Your Child's Napping Needs

Name _____

Date _____

Time of day of Naps or How Often

Every _____ hrs.

1. _____ a.m. / p.m.

4. _____ a.m. / p.m.

2. _____ a.m. / p.m.

5. _____ a.m. / p.m.

3. _____ a.m. / p.m.

6. _____ a.m. / p.m.

How child is put to sleep:

Lying in crib with **Back / Stomach** being rubbed

On their own (child placed in crib)

In a swing and then placed in crib

Swaddled and placed in crib

Rocked

In a swing and left in swing

Sleep Position:

Side

Back

Products to Assist Sleeping:

Positioning device

Crib bumper pad

Blanket

Stuffed Animal

Other _____