

Jennie Harrison's

7 Secrets To Successful Naps



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7 Secrets To Successful Naps

1) Timing ~ It's really important to look at the time in between waking and sleeping. One of the biggest causes of overtiredness comes from having too much wake time in between naps and bedtime. Our Little Ones have sleep and wake cycles and their bodies will have a time when they should be asleep (beware, it may be a different time to what it says in a book!) Once they go past this time, they will experience an adrenalin release which will make it pretty impossible to get them to sleep. When this continues on a regular basis, adrenalin and cortisol build up in their system causing chronic overtiredness. This can cause nap resistance, early wake ups and frequent night wakes.



2) Cues ~ In order to get the timing right, it is important to watch your Little One's cues rather than the clock. I'm not saying to not think about the time at all, but very often we can be so focussed on certain times that we miss when our Little Ones really need to be sleeping. Rather than wait until they are yawning, rubbing their eyes and getting cranky (which is when they are pretty close to going past it and experiencing that adrenalin surge), look for when they go quiet and slow down...this is when they are approaching the best time to go to sleep.

3) Routine ~ We very often have a bedtime routine for the evening but don't have one for naps, which can make it quite hard for Little Ones to switch off. If we consider that everything our Little Ones experience during the day, they are learning from, it can be really hard for them to just come away from that and go straight to sleep. Giving them enough time to wind down in a regular, familiar routine for their naps can really help. It doesn't need to be as long as their bedtime routine but a mini version with quiet time, stories or songs, a feed or cuddles can make a massive difference.

4) Balance ~ It is so important that as our Little Ones are learning as much as they are, that they have balance during their day and their week. Very often we feel that we have to entertain our Little Ones all of the time, taking them to different classes every day and meeting up with different people. In reality, although they may enjoy some classes, it is us that benefit more from socialising...and it is important for us to have company and get out of the house. What is equally as important is that our Little Ones have quiet time in each day to process what they are learning. When they don't have this, it can be really hard for them to switch off, not only at nap time but also at bedtime. So if you have a busy morning, make sure the afternoon is quieter and don't feel that you need to go out every day to classes or groups.

5) Environment ~ Some Little Ones can fall asleep anytime, anywhere but if you have a Little One who struggles to nap, their environment is really important. The books tell us that our Little Ones should be able to fall asleep in a light room with everything going on around them (unless it's Gina Ford and putting them in a dark room on their own). What's important is that the environment enables them to relax, wind down, feel safe and switch off. Some Little Ones can't fall asleep when they can see what's going on around them (mine certainly couldn't!) so need it quite dark. Some can't have any distraction and others can't fall asleep with silence. Work out what environment is best for your Little One, but most important is an environment free from stress.



6) Be prepared ~ Nap transitions happen when Little Ones drop a nap and can make or break nighttime sleep. They can creep up on us and can be a complete nightmare to handle if we're not aware of what's happening and aren't prepared. Timings vary for each Little One but usually they go from 3 to 2 naps between 8 and 10 months, 2 to 1 nap between 12 and 15 months and drop their last nap anytime from 2½ to 4! When a nap is dropped, the most important thing to do is balance out the awake time, gradually moving the remaining nap back and bringing bedtime forwards...look at the day as a whole,

when they wake in the morning and when they need to sleep in the evening (going by them and not when we think they should remember!)

7) Naptime Essentials

Rescue Night Spray ~ This combination of flower essences helps Little Ones feel calm and safe, as well as helping busy minds switch off.

Love, Hugs & Crystal Bubbles ~ This crystal spray is really lovely and helps clear any unwanted busy energy from around your Little Ones, bringing a real sense of calm.

Blackout Blinds ~ These can really help when your Little One gets distracted by their surroundings meaning they can't switch off.

Aroma Diffuser ~ Brilliant to bring calm to both you and your Little One, and a really safe way to use essential oils with Little Ones.

Buy these nap time essentials <<<<[here](#)>>>>

* Content is based on personal experience & professional opinion, not on scientific evidence.

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You expect a certain amount of sleepless nights when you have a Little One, but no one can prepare you for how debilitating ongoing sleep deprivation can be. It affects the whole of your family, the whole of your life; it can make you feel like you are really losing your mind and has a massive impact physically too...not just on us but on our Little Ones as well.

I know, I've been there!

There is very little support and far too much advice when your Little One isn't sleeping. I remember the only solution that was offered to me was to leave my little boy to cry...I didn't do that, there had to be an alternative. I worked it out and we started getting full nights sleep, 3 years later I have worked with Mums all over the world and Little Ones of all ages (some as old as 6 who have never ever slept through the night) to help them sleep better than ever before.

Using a combination of practical advice, tips and techniques and energy work to bring calm and break old patterns, I work with you and your Little One on the reason behind the sleep resistance to get gentle and more effective results. From online classes to intensive one to one work there will be a solution for you.

