

Our Nap Plan

We will begin our nap plan for _____
on _____ (name)
(date)

Goals for our Daily Schedule (Wake Up, Eat, Sleep)

Approximate time	Activity

Goals for Consistent Wake-Up Time and Regular Nap and Sleep Times

Morning wake-up time is approximately: _____

My child's naptimes will be: _____

Bedtime (lights out) is: _____

Specific Solutions We Will Use for Our Situation:

From page: _____ Section heading: _____

Description of the idea and what we will do:

From page: _____ Section heading: _____

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