

Naps and dropping naps

Children will be ready to drop all naps anywhere between 18 months and 4 years old. Although most children tend to drop the nap between 2 to 3 years old.

Signs that your child might be ready to drop their nap can be them resisting the nap, struggling to fall asleep at bedtime and early morning wake ups. Adjusting to no naps during the day can be tricky at first for your toddler. During this transition, expect that your child will be grumpier in the afternoons. You might also consider whether bedtime should be brought forward a little earlier at this point.

If your child still naps, ensure that they never nap 4 hours before bedtime. This is to protect their night time sleep. It's also a good idea to ensure that naps do not last too long. If a child naps for several hours during the day, they will struggle to sleep well at night. Usually between 1 to 2 hours is a good nap length.

For older children, if they nap, make sure it's no later than 3pm, as it could affect night time sleep. A nap should be no longer than 90 minutes. If children regularly need daytime naps, they may not be getting enough sleep in the night. If in doubt, seek advice.



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