Nap Log

Baby's Name: _____

Age: _____

Date: _____

Time baby fell asleep	How baby fell asleep	Where baby fell asleep	Where baby slept	How long?

1. Review Table 2.1 on page 48:
   How many naps *should* your baby be getting? _____
   How many naps is your baby getting *now*? _____
   How many hours *should* your baby be napping? _____
   How many hours is your baby napping *now*? _____
2. Do you have a formal nap routine? _____
3. Are your baby's naptimes/lengths consistent every day? _____