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 43:

How many naps <i>should</i> your baby be getting?
How many naps is your baby getting <i>now</i> ?
How many hours <i>should</i> your baby be napping?
How many hours is your baby napping <i>now</i> ?

- 2. Do you have a formal nap routine?
- 3. Are your baby's naptimes/lengths consistent every day?