

Ideas to Share



Nap Time Routine Contingency Plan for Toddlers



Description: The Nap Time Routine contingency plan assists children to understand outcomes. The child is able to see consequences following his/her mother's directions of taking a nap or not following directions. The child can learn to make his/her own decision about taking a nap and learn the consequences to the behavior.

Age Appropriate: 12 months and older

Materials:

- Construction or colored poster board paper
- Book rings (3)
- Hole punch
- Velcro
- Laminator and sheets (*optional)

Instructions:

- Print pictures of child following directions and not following directions for taking a nap.
- Laminate pictures and apply Velcro to attach to paper.
- Hole punch to connect the behavior choices and consequence sections of the papers with book rings.

Ways to Adapt:

- Other routines can be used for the behavior chart instead of child taking a nap, which can include child cleaning room or brushing teeth
- Consequences can be changed to what the family desires as positive reinforcement or punishment for child's behavior

*Useful to have pictures laminated for durability