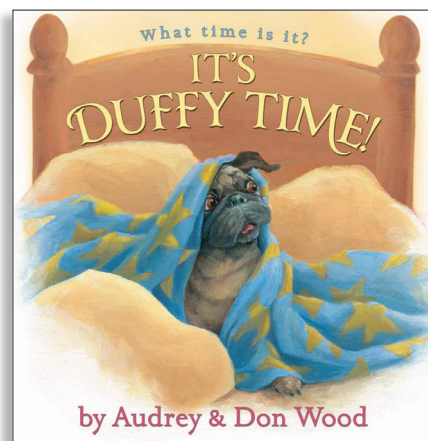


Duffy's Naptime Tips

It's Duffy Time! by Audrey and Don Wood introduces a sleepy little pug who knows that any time can be naptime. If only it could be so easy to put your own kids down for a much-needed siesta! Here are some tips:



- **Look for Cues:** From yawning and rubbing their eyes to getting cranky, most children will find a way to let you know when they're ready to sleep.
- **Stick to a Schedule:** Once you find the best naptime for your child, stick to it. Kids thrive on consistency.
- **Fill the Tank:** Be sure napping doesn't conflict with a bottle or meal. It can be difficult to fall asleep with an empty belly.
- **Wind Down:** Avoid active, stimulating types of play before naptime. A calm child will be much easier to settle down.
- **Make Bed Inviting:** Cuddling a favorite stuffed animal or soft blanket can help welcome your child into dreamland.
- **Rocking Time:** Whether you have an old-fashioned rocking chair or a new glider, this is a classic method for lulling children to sleep.
- **Sing a Lullaby:** Your voice is music to your little one's ears. Every baby loves a soothing melody.
- **Read a Story:** Wind down by reading a good picture book like *It's Duffy Time!*

