

## Summary



★ **Based on the exercises above, our sample day routines and what you've learned in this module, write down your child's optimal day routine below.** *(As mentioned, all of our suggested routines are based on a 7am-7pm day, so if the ideal wake up time for your child is earlier or later than this, then you will need to adjust our suggested day routine to fit your family's schedule.)*

*If you think your child is ready to drop a nap, be sure to check out the practical tips for that specific nap transition in the Troubleshooting Module.*

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