



Total Naps: Will vary, focus on awake time between naps

Avg. Awake Window: 45-60 Mins

Total Sleep Needs: 15-18 hrs/ day

Sample Schedule

0 - 2
Months

7:00 am - Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am - Wake from nap#1, change, feed, play, and cuddle

9:45 am - Nap #2

11:00 am - Wake up from nap #2, change, feed, play

11:45 am - Nap #3

1:30 pm - Wake from nap #3, change, feed, and take a walk

2:15 pm - Nap #4

4:00 pm - Wake up, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm - Wake, change, feed, and family playtime

6:15 pm - Nap #6

7:00 pm - Wake from a nap, change, feed, and snuggle

7:30 pm - Kick-off bedtime routine, full feeding before bed
(always lay baby down on their back in a calm, dark & safe sleep space)

10:00 pm - *Optional dream feed through 8 weeks, then recommended you wean from that as their body clock starts to regulate.*



BEDTIME BEGINNINGS

@bedtimebeginnings



Total Naps: 3 - 4 naps/day

Avg. Awake Window: 1.5 - 2 hrs

Total Sleep Needs: 12 -16 hrs/day

Sample Schedule

3 - 4
Months

7:00 am - Wake up, eat, play

8:30 am - Nap #1

10:30 am - Wake from nap#1, change, feed, read books & play

12:00 pm - Nap #2

1:30 pm - Wake up from nap #2, change, feed, play/tummy time

3:00 pm - Nap #3

4:00 pm - Wake from nap #3, change, feed, and take a walk/play

5:15 pm - Nap #4

5:45 pm - Wake, change, feed, and family playtime

6:30 pm - Start bedtime routine & full feeding before bed

7:30 pm - Bedtime





Total Naps: 3 naps/day

Avg. Awake Window: 2.5 - 3 hrs

Total Sleep Needs: 12 -16 hrs/day

Sample Schedule

5 -6 Months

Based on a 6 Month Old

7:00 am - Wake up, eat, play

8:00 am - Breakfast, some may choose to introduce solids
by 6 months (if instructed by paediatrician)

9:30 am - Nap #1

11:00 am - Wake up from nap #1, change, feed, free play/
tummy time

12:00 pm - Lunch time (if starting solids)

1:40 pm - Nap #2

2:30 pm - Wake from nap #2, change, feed, and take a walk/play

5:00 pm - Nap #3 (maybe a cat nap)

5:30 pm - Wake, change, feed, and family playtime

6:30 pm - Start bedtime routine & full feeding before bed

7:30 pm - Bedtime





Total Naps: 2 - 3 naps/ day

Avg. Awake Window: 3 - 3.5 hrs

Total Sleep Needs: 12 -16 hrs/day

Sample Schedule

**7 -12
Months**

Based on a 10 Month Old

7:00 am - Wake up, eat, play

8:00 am - Breakfast with solids

10:00 am - Nap #1

11:30 am - Wake up from nap #1, change, feed, play with friends

12:30 pm - Lunch time with solids

2:30pm - Nap #2

4:00 pm - Wake from nap #2, change, feed, baby music class

5:00 pm - Dinner with solids

6:30 pm - Start bedtime routine & full feeding before bed

7:30 pm - Bedtime





Total Naps: 1 nap/ day (possibly 2 initially)

Avg. Awake Window: 4 - 5.5 hrs

Total Sleep Needs: 11 - 14 hrs/day

Sample Schedule

13+
Months

7:00 am - Wake up, breakfast, playtime

9:00 am - Activity

10:00 am - Snack

11:00 am - Free play & story time

12:00 pm - Lunch time

12:30 pm - Nap (Lay-down awake to settle)

3:00 pm - Wake from nap, change, feed, play outside

6:00 pm - Dinner

6:30 pm - Start bedtime routine

7:30 pm - Bedtime





Total Naps: No Nap

Avg. Awake Window: 11 - 12 hrs

Total Sleep Needs: 11 - 12 hrs/day

Sample Schedule

2.5 - 3 +
Years Old

7:00 am - Wake up, breakfast, playtime/outdoor time/pre-school

10:00 am - Snack, playtime/outdoor time/pre-school

12:00 pm - Lunch time

2:30 pm - Snack, playtime/outdoor time/pre-school

5:00 pm - Dinner

6:30 pm - Start bedtime routine

7:00 pm - Bedtime



BEDTIME BEGINNINGS

@bedtimebeginnings