

ROUTINE EXAMPLES

12 Weeks Old

One short/long/short naps		Two Med/med/short naps	
7AM	Awake and feed	7AM	Awake and feed
8:30AM	Nap	8:30AM	Nap
10AM	Awake and feed	10:30AM	Awake and feed
11AM	Top-up feed	11:30AM	Top-up feed
11:30/11:45AM	Nap	12/12:30PM	Nap
2/2:30PM	Awake and feed	2PM	Awake and feed
4/4:15PM	Nap	4/4:15PM	Nap
5PM	Awake and feed	5PM	Awake and feed
5:30PM	Bath	5:30PM	Bath
6PM	Top-up feed	6PM	Top-up feed
6/15/6:30PM	Bed	6/15/6:30PM	Bed
10/10:30PM	Optional late awake feed	10/10:30PM	Optional late awake feed

(These times are based on a 7am wake up, but can be adapted to your preferred wake up.

Nap times are a guide and your baby may need a little more or less awake time. Please use in conjunction with watching for your baby's tired signs).

A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.



ROUTINE EXAMPLES

16 Weeks Old

One short/long/short naps

7AM	Awake and feed
8.45AM	Nap
10AM	Awake and feed
11AM	Top-up feed
11.45/12PM	Nap
2.30PM	Awake and feed
4.30PM	Nap
5PM	Awake and feed
5.30PM	Bath
6PM	Top-up feed
6:30/7PM	Bed
10/10.30PM	Optional dream feed

Two Med/med/short naps

7AM	Awake and feed
8:45/9AM	Nap
10:30AM	Awake and feed
11:30AM	Top-up feed
12:30PM	Nap
2:15PM	Awake and feed
4:30	Nap
5PM	Awake and feed
5:30PM	Bath
6PM	Top-up feed
6:30/7PM	Bed
10/10:30PM	Optional dream feed

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

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ROUTINE EXAMPLES

5 months

One –

short/long/short nap

7AM	Wake & Solids then Milk
9:15AM	Nap
10AM	Wake
10:30/11AM	Feed
11:30AM	Top-up feed
12:15PM	Nap
2:15PM	Awake
2:30/3PM	Feed
4:30PM	Nap
5PM	Awake and feed
5:30PM	Bath
6:15PM	Feed
6:30/7PM	Bed
10:30PM	Optional dream feed

Two –

med/med/short nap

7AM	Wake & Solids then Milk
9:15AM	Nap
10:30AM	Awake
10:30/11AM	Feed
11:30AM	Top-up feed
12:45/1PM	Nap
2:15PM	Awake
2:30/3PM	Feed
4:30PM	Nap
5PM	Awake and feed
5:30PM	Bath
6:15/6:30PM	Feed
6:30/7PM	Bed
10:30PM	Optional dream feed

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

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A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.



ROUTINE EXAMPLES

6 months

One -

short/long/short nap

7AM	Wake and feed
9:30AM	Nap
10AM	Wake
11AM	Milk/Solids/Milk
12:30	Nap
2:30	Wake & milk
4:30PM	Nap
5PM	Awake and solids
5:30PM	Bath
6:15/6:30PM	milk
6:30/7PM	Bed
10:30PM	Dream feed (optional)

Two -

med/med/short nap

7AM	Wake and feed
9:30AM	Nap
10:30AM	Wake
11AM	Milk/solids/milk
1/1:30	Nap
2:30/3PM	Wake and milk feed
4:30PM	Nap
5PM	Awake and Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed
10:30PM	Dream feed (optional)

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

Nap times are a guide and your baby may need a little more or less awake time. Please use in conjunction with watching for your baby's tired signs).

A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.



ROUTINE EXAMPLES

7 months

One -

short/long/short nap

7AM	Wake and feed
9:30AM	Nap
10AM	Wake
11AM	Milk/Solids/Milk
12:30	Nap
2:30	Wake & milk
4:45PM	Possible short nap
5PM	Awake and solids
5:30PM	Bath
6:15/6:30PM	milk
6:30/7PM	Bed

Two -

med/med/short nap

7AM	Wake and feed
9:30AM	Nap
10:30AM	Wake
11AM	Milk/solids/milk
1:30PM	Nap
3PM	Wake and milk feed
4:45PM	Possible short nap
5PM	Awake and Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed

At this age, bedtime should be about 4 hours after the lunch nap ends if there is no third nap. You may already need to drop the third nap if your baby is starting to fight bedtime, wake very early, or wake for long periods during the night.

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

Nap times are a guide and your baby may need a little more or less awake time. Please use in conjunction with watching for your baby's tired signs).

A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.



ROUTINE EXAMPLES

8 months

One – short/long nap

7AM	Wake & Solids then Milk
9:30AM	Nap
10AM	Wake
11AM	Solids then milk (or drop milk)
12:30/1PM	Nap
2:30/3PM	Wake & milk
5PM	Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed

Two – med/med nap

7AM	Wake & Solids then Milk
9:30AM	Nap
10:15/10:30AM	Wake
11AM	Solids
12:30PM	Small milk feed
1:30PM	Nap
2:30/3PM	Wake and milk feed
5PM	Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed

Bedtime should be around 4 hours after the lunch nap ends. Some babies need more awake time between their morning and lunch nap, so you can adjust the nap and bed times accordingly.

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

Nap times are a guide and your baby may need a little more or less awake time. Please use in conjunction with watching for your baby's tired signs).

A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.



ROUTINE EXAMPLES

8-12 months

One – short/long nap

7AM	Wake & Solids then Milk
9:30AM	Nap
10AM	Wake
11AM	Solids then milk (or drop milk)
12:30/1PM	Nap
2:30/3PM	Wake & milk/snack
5PM	Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed

Two – med/med nap

7AM	Wake & Solids then Milk
9:30AM	Nap
10:15/10:30AM	Wake
11AM	Solids
12:30PM	Small milk feed
1:30PM	Nap
2:30/3PM	Wake and milk/snack
5PM	Solids
5:30PM	Bath
6:15/6:30PM	Milk
6:30/7PM	Bed

Bedtime should be around 4-4.5 hours after the lunch nap ends. Some babies need more awake time between their morning and lunch nap, so you can adjust the nap and bed times accordingly.

(These times are based on a 7am wake up, but can be adapted to your preferred wake up time.

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A wind down period of about 10-15mins is recommended to help prepare your baby for sleep by the end of the awake window.

