

# Sample Schedules by Age

## 0-3 months

Wake Time  
45-60 mins

## 3-6 months

Wake Time  
1.5-2 hours

## 6-9 months

Wake Time  
2-3 hours

## 9-12 months

Wake Time  
3-4 hours

7 a.m.	Wake/Feed	7 a.m.	Wake/Feed	7 a.m.	Wake/Feed	7 a.m.	Wake/Feed
8 a.m.	Nap	9 a.m.	Nap	b/w 9-9:30	Nap	10 a.m.	Nap
9-10 a.m.	Feed	11 a.m.	Feed	11 a.m.	Feed	11 a.m.	Feed
11 a.m.	Nap	1 p.m.	Nap	12:30 p.m.	Lunch (Solids)	12:30 p.m.	Lunch (Solids)
12-1 p.m.	Feed	3 p.m.	Feed	2 p.m.	Nap	2:00 p.m.	Nap
2-4 p.m.	Nap	4:30-5:30 p.m.	Catnap	3 p.m.	Feed	3-3:30 p.m.	Feed
4 p.m.	Feed	6:30 p.m.	Feed	5:30 p.m.	Dinner(Solids)	5:30 p.m.	Dinner (Solids)
5-6:30 p.m.	Nap	6:45 p.m.	Bed Routine	6:30 p.m.	Bed Routine*	6:30 p.m.	Bed Routine*
6:30 p.m.	Feed (witching hour)	7:00 p.m.	Lights Out	7:00 p.m.	Lights Out	7 p.m.	Lights Out
7:30 p.m.	Nap						
9 p.m.	Bed Routine*						
9:30 p.m.	Lights Out						

\* Your bedtime routine should include the final feeding for the day.

## Toddler Schedule

1 year and older  
Transitioned to  
1 nap

7:00 a.m.

Good Morning

8:00 a.m.

Breakfast

12:00 p.m.

Lunch

12:30-1 p.m.

Nap

5:30 p.m.

Dinner

6:30-7:30 p.m.

Bed Routine

7-8 p.m.

Lights Out

