

0-4 Months Old

7am Wake Up

8-10am Nap

11-1pm Nap

2-4pm Nap

5-7pm Nap

8pm Bedtime





4-6 Months Old

6.30am Wake Up

8.45-10am Nap

12.30-1.30pm Nap

4-4.45pm Nap

7.45pm Bedtime



7-14 Months Old

6am Wake Up

8.45-10.30am Nap

1.30-3pm Nap

7pm Bedtime





15-24 Months Old

6.30am Wake Up

12.30-3.30pm Nap

7.30pm Bedtime

