

Baby Sleep Guidelines

12 months old

7:00 am

wake & have
a liquid feed

8:00 am

offer solid
breakfast

9:30 am

nap

10:15 am

wake & play

11:45 am

offer solid lunch



12:30 pm

nap

2:30 pm

wake & have
a liquid feed

5:00 pm

offer solid dinner

6:30 pm

full liquid feed
before bedtime

7:00 pm

*night time!

10:15 pm

wake, feed &
back to sleep



Need More Help?

1. [Join The Ultimate Baby Sleep Group](#)
2. [Free Sleep Guide: "Don't Cry it Out"](#)
3. [Serious about getting sleep help?](#)

www.batyathebabycoach.com

Batya the baby
coach