

Baby Sleep Guidelines

18 months old

7:00 am

wake & have
a liquid feed

8:00 am

offer solid
breakfast

11:15 am

lunch/big
snack before nap



11:30/12 pm

nap

2:00 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!



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