

Day Routines

NOTES & TERMINOLOGY

Below you will find our recommended day routines for each month or age range. Keep in mind that for most children, a short-long-(short) nap schedule works best.

When selecting your child's age-appropriate day routine, during the first year, always use their corrected age, meaning the age calculated based on their due date, not their actual date of birth. For example, for a 5-month-old baby born at 37+0 weeks of gestation, you should look at the 4 month day routine until their close to 6 months old. Similarly, children born well over their due date may be ready to move onto the next day routine earlier than their age based on birth date would suggest. For example, a 4.5-month-old baby born at 42+0 may already need a 5-month-old's day routine.

★ WHAT IS A "TOP-UP FEED" AND WHY DO WE RECOMMEND IT?

For the first few months, you will encounter the term "top-up feed" in the day routines. Usually, this is marked before the midday nap. Offering another quick milk-feed 30 minutes before the long lunch nap fills your baby up and prevents them from waking due to hunger in the middle of the nap.

★ WHAT IS A "DREAM FEED" AND WHEN TO USE IT?

A dream feed is very simply put a night feed that is initiated by the parents rather than the baby, usually about 3-4h after baby has fallen asleep, before the parents head to bed (given a 19:00/7pm bedtime, the dream feed is usually done at 22:00/10:00pm). The goal is to help baby sleep their longest stretch of sleep at the same time when you are sleeping. To do a dream feed, you don't need to fully wake baby up, but arouse them enough to take the breast or bottle. The dream feed works best between 4-6 months. If your baby doesn't sleep longer after a dream feed, stop offering it and instead wait until they wake up for a feed on their own. We don't recommend keeping a dream feed past 8 months.

**Awake times between
naps: 1.75-2 hrs
3 naps a day
Day sleep: 4 hrs
Night sleep: 11-12 hrs**

4 Months

SHORT-LONG-SHORT NAP



07:00	7:00am	Awake & milk-feed
08:45/09:00	8:45/9:00am	NAP
10:00	10:00am	Awake
10:15	10:15am	Milk-feed
11:30	11:30am	Top-up milk-feed
12:00	12:00pm	NAP
14:00/14:15	2:00/2:15pm	Awake & milk-feed
16:00/16:15	4:00/4:15pm	NAP
17:00	5:00pm	Awake & milk-feed
17:30	5:30pm	Bath & massage
18:00/18:15	6:00/6:15pm	Milk-feed, then bedtime ritual
19:00	7:00pm	Bedtime (asleep)
22:00/22:30	10:00/10:30pm	"Dream-feed"

Awake times between naps: 1.75-2 hrs
3 naps a day
Day sleep: 4 hrs
Night sleep: 11-12 hrs

4 Months

LONG-LONG-SHORT NAP



07:00	7:00am	Awake
07:30	7:30am	Milk-feed
09:00	9:00am	NAP
10:30	10:30am	Awake & milk-feed
12:00	12:00pm	Top-up milk-feed
12:30	12:30pm	NAP
14:30	2:30pm	Awake & milk-feed
16:30	4:30pm	NAP
17:00	5:00pm	Awake & milk-feed
18:15	6:15pm	Bath & massage
18:30	6:30pm	Milk-feed, then bedtime ritual
19:00	7:00pm	Bedtime (asleep)
22:30	10:00/10:30pm	"Dream-feed"

**Awake times between
naps: 1.75-2 hrs
3 naps a day
Day sleep: 4 hrs
Night sleep: 11-12 hrs**

4 Months

ONLY SHORT NAPS*



07:00	7:00am	Awake & milk-feed
08:45	8:45am	NAP
09:30	9:30am	Awake
10:00	10:00am	Milk-feed
11:15	11:15am	NAP
12:00	12:00pm	Awake
12:30	12:30pm	Milk-feed
13:45	1:45pm	NAP
14:30	2:30pm	Awake
15:00	3:00pm	Milk-feed
16:15	4:15pm	NAP
17:00	5:00pm	Awake & Milk-feed
17:45/18:00	5:45/6:00pm	Bath & massage
18:15	6:15pm	Milk-feed, then bedtime ritual
18:45	6:45pm	Bedtime (asleep)
22:00/22:30	10:00/10:30pm	"Dream-feed"

****use this only temporarily until you are working on extending the lunch nap***

Awake times between naps: 2-2.25hrs
3 naps a day
Day sleep: 3.5hrs
Night sleep: 11-12hrs

5 Months

SHORT-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
09:15	09:15am	NAP
10:00	10:00am	Awake
10:15	10:15am	Milk-feed
11:00	11:00am	Solids (optional)
11:45	11:45am	Milk-feed
12:15	12:15pm	NAP
14:15/14:30	2:15/2:30pm	Awake & milk-feed
16:15/16:30	4:15/4:30pm	NAP
17:00	5:00pm	Awake & milk-feed
17:30	5:30pm	Bath & massage
18:00/18:15	6:00/6:15pm	Milk-feed, then bedtime ritual
19:00	7:00pm	Bedtime
22:30	10:30pm	"Dream-feed"

Awake times between naps: 2-2.25hrs
3 naps a day
Day sleep: 3.5hrs
Night sleep: 11-12hrs

5 Months

LONG-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
08:45	8:45 am	Top-up feed
09:15	09:15am	NAP
10:45	10:45am	Awake & milk-feed
11:45	11:45am	Solids (optional)
12:30	12:30pm	Top-up milk-feed
13:00	13:00pm	NAP
14:30	2:30pm	Awake
15:00	3pm	Milk-feed
16:30	4:30pm	NAP
17:00	5:00pm	Awake & milk-feed
18:15	6:15pm	Bath & massage
18:30	6:30pm	Milk-feed, then bedtime ritual
19:00	7:00pm	Bedtime
22:30	10:30pm	"Dream-feed"

**Awake times between
naps: 2.25-2.5hrs
3 naps a day
Day sleep: 3-3.5hrs
Night sleep: 11-12hrs**

6 Months

SHORT-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
09:15/9:30	09:15/09:30am	NAP
10:00	10:00am	Awake
10:15	10:15am	Milk-feed
11:15	11:15am	Solids
12:00	12:00pm	Milk-feed
12:15/12:30	12:15/12:30pm	NAP
14:30	2:30pm	Awake & milk-feed
16:30	4:30pm	NAP
17:00	5:00pm	Awake & milk-feed
17:15	5:15pm	Solids (optional)
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed, then bedtime ritual
19:00	7:00pm	Bedtime

Awake times between naps: 2.25-2.5hrs
3 naps a day
Day sleep: 3-3.5hrs
Night sleep: 11-12hrs

6 Months

LONG-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
8:45	8:45 am	Top-up feed
09:15	09:15am	NAP
10:45	10:45am	Awake
11:15	11:15am	Milk-feed
12:15	12:15pm	Solids
12:45	12:45pm	Top-up milk-feed
13:15	13:15pm	NAP
14:45	2:45pm	Awake
15:30	3.30pm	Milk-feed
16:45	4:45pm	NAP
17:15	5:15pm	Awake
17:30	5:30pm	Milk-feed & solids (optional)
18:30	6:30pm	Bath & massage
18:45	6:45pm	Milk-feed, then bedtime ritual
19:15	7:15pm	Bedtime

Awake times between

naps: 2.5hrs

2-3 naps a day

Day sleep: 3-3.5hrs

Night sleep: 11-12hrs

7-8 Months

3 NAPS

SHORT-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
08:00	08:00am	Breakfast solids (optional)
09:30	09:30am	NAP
10:00	10:00am	Awake
10:15	10:15am	Milk-feed
11:15/11:30	11:15/11:30am	Lunch solids
12:00	12:00pm	Top-up milk-feed
12:30	12:30pm	NAP
14:30/15:00	2:30/3:00pm	Awake & milk-feed
16:30/16:45	4:30/4:45pm	NAP (as needed)
17:00	5:00pm	Awake
17:15	5:15pm	Dinner solids
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime

Awake times between
naps: 2.5hrs
2-3 naps a day
Day sleep: 3-3.5hrs
Night sleep: 11-12hrs

7-8 Months

3 NAPS

LONG-LONG-SHORT NAP



07:00	07:00am	Awake & milk-feed
08:00	08:00am	Breakfast solids (optional)
09:30	09:30am	NAP
11:00	10:00am	Awake & Milk-feed
12:30	12:30pm	Lunch solids
13:00	1:00pm	Top-up milk-feed
13:30	1:30pm	NAP
15:00	3:00pm	Awake & milk-feed
17:00/17:10	5:00/5:10pm	NAP (as needed)
17:30	5:30pm	Awake
17:45	5:45pm	Dinner solids
18:30	6:30pm	Bath & massage
18:45	6:45pm	Milk-feed
19:00	7:00pm	Bedtime ritual
19:30	7:30pm	Bedtime

Awake times between

naps: 2.5hrs

2-3 naps a day

Day sleep: 3-3.5hrs

Night sleep: 11-12hrs

7-8 Months

2 NAPS

SHORT-LONG NAP



07:00	07:00am	Awake & milk-feed
08:00	08:00am	Breakfast solids (optional)
09:30	09:30am	NAP
10:15	10:15am	Awake & Milk-feed
11:45	11:45am	Lunch solids
12:30	12:30pm	Top-up milk-feed
13:00/13:15	1:00/1:15pm	NAP
15:00/15:15	3:00/3:15pm	Awake & milk-feed
17:00	5:00pm	Dinner solids
18:00	6:00pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime

Awake times between

naps: 2.5hrs

2-3 naps a day

Day sleep: 3-3.5hrs

Night sleep: 11-12hrs

7-8 Months

2 NAPS

LONG-LONG NAP



07:00	07:00am	Awake & milk-feed
08:00	08:00am	Breakfast solids (optional)
09:30	09:30am	NAP
11:00	11:00am	Awake & Milk-feed
12:30	12:30pm	Lunch solids
13:30	1:30pm	Top-up milk-feed
14:00	2:00pm	NAP
15:30/16:00	3:30/4:00pm	Awake & milk-feed
17:30	5:30pm	Dinner solids
18:00	6:00pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime

**Awake times between
naps: 2.5-4hrs
2 naps a day
Day sleep: 2.5-3hrs
Night sleep: 11-12hrs**

9-12 Months

SHORT-LONG NAP



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast solids
08:30	08:30am	Milk-feed
09:30	09:30am	NAP
10:00	10:00am	Awake & snack
11:45	11:45am	Lunch solids
12:30	12:30pm	Milk-feed
13:00	1:00pm	NAP
15:00	3:00pm	Awake & snack
15:30	3:30pm	Milk-feed
17:15	5:15pm	Dinner solids
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime (asleep)

**Awake times between
naps: 2.5-4hrs
2 naps a day
Day sleep: 2.5-3hrs
Night sleep: 11-12hrs**

9-12 Months

LONG-LONG NAP



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast solids
08:30	08:30am	Milk-feed
09:30	09:30am	NAP
11:00	11:00am	Awake & snack
12:30	12:30pm	Lunch solids
13:30	1:30pm	Milk-feed
14:00	2:00pm	NAP
15:30/16:00	3:30/4:00pm	Awake
16:00	4:00pm	Milk-feed & snack
17:30/18:00	5:30/6:00pm	Dinner solids
18:00/18:30	6:00/6:30pm	Bath & massage
18:15/18:45	6:15/6:45pm	Milk-feed
18:30/19:00	6:30/7:00pm	Bedtime ritual
19:30/20:00	7:30/8:00pm	Bedtime (asleep)

Awake times between

naps: 3-4.5hrs

2 naps a day

Day sleep: 2.5hrs

Night sleep: 11-12hrs

12-15 Months

SHORT-LONG NAP



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast solids
08:30	08:30am	Milk-feed
09:30/10:00	09:30/10:00am	NAP
10:00/10:15	10:00/10:15am	Awake & snack
12:00	12:00pm	Lunch solids
13:00	1:00pm	NAP
15:00	3:00pm	Awake & snack
15:30	3:30pm	Milk-feed (small)
17:15	5:15pm	Dinner solids
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime (asleep)

Awake times between

naps: 4.5-5hrs

1-2 naps a day

Day sleep: 2-2.5hrs

Night sleep: 11-12hrs

15 - 18 Months

2 NAPS



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast solids
08:30	08:30am	Milk-feed (small, optional)
09:30/10:00	09:30/10:00am	NAP (15-30min)
10:00/10:15	10:00/10:15am	Awake & snack
12:00	12:00pm	Lunch solids
13:00	1:00pm	NAP
15:00	3:00pm	Awake & snack
17:15	5:15pm	Dinner solids
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30/18:45	6:30/6:45pm	Bedtime ritual
19:00/19:15	7:00/7:15pm	Bedtime (asleep)

Awake times between

naps: 4.5-5hrs

1-2 naps a day

Day sleep: 2-2.5hrs

Night sleep: 11-12hrs

15 - 18 Months

1 NAP



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast solids
08:00	08:00am	Milk-feed (small, optional)
09:30	09:30am	Snack
11:15	11:15am	Lunch solids
12:00	12:00pm	NAP
14:00/14:30	2:00/2:30pm	Awake
15:00	3:00pm	Snack
17:15	5:15pm	Dinner solids
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime (asleep)

Awake times between

naps: 5-6hrs

1 naps a day

Day sleep: 1.5-2hrs

Night sleep: 11-12hrs

18 - 24 Months



07:00	07:00am	Awake
07:15/07:30	07:15/07:30am	Breakfast
09:30	09:30am	Snack
11:30	11:30am	Lunch
12:00/12:30	12:00/12:30pm	NAP
14:00/14:30	2:00/2:30pm	Awake
15:30	3:30pm	Snack
17:15	5:15pm	Dinner
17:45	5:45pm	Bath & massage
18:15	6:15pm	Milk-feed
18:30	6:30pm	Bedtime ritual
19:00	7:00pm	Bedtime (asleep)



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