



10 MONTH ROUTINE

by Amy at Counting Sheep

10 MONTH ROUTINE

Baby is on two naps a day at this stage, with a long lunchtime nap in the middle of the day.

I usually tell my clients to watch the clock now as baby can handle longer stretches of awake time. Try to stop obsessing over wake windows (if this has been something you have been doing!). If baby is in a good solid and predictable routine, then you can start to go by the clock.

7am	WAKE AND FEED (milk feed)
8am	BREAKFAST
	AWAKE TIME
9.45am	SLEEP (15 minutes)
10am	FEED You may notice that baby is not as interested in this feed so it will gradually fade out
	AWAKE TIME
11.45pm	LUNCH
12.45pm - 2.45pm/3pm	SLEEP (2 hours)
3pm	FEED
	AWAKE TIME
4.45pm	DINNER
	PLAYTIME
6.30pm	START BATHTIME
6.45pm	BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into cot)
7pm	BED

Thank you so much for purchasing this guide from Amy at Counting Sheep. With over 5 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Amy is thrilled to share her expertise with you. If you would like to find out more about working 1:1 with Amy then please visit her website. As you can imagine, professionalism and discretion are key to Amy and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted, and more support is always available, by request. Best of luck with your little one; it's such an exciting time to spend with your little one.

This document is for your personal use only and may not be distributed. Copyright Counting Sheep.

10 MONTH ROUTINE

NIGHT FEEDS

At 10 months, baby will be able to drop to zero night feeds assuming no weight gain issues.

SLEEP SAFETY

It is really important that you follow the appropriate baby and child sleep safety guidelines. In simple terms, for a baby, this is putting your baby down on their back in a clear cot or sleep space. Please research sleep safety before buying and implementing sleep products at home. In the UK, I direct families to The **Lullaby Trust** as they raise awareness of sudden infant death syndrome (SIDS) and provide expert advice on safer sleep for babies.

ADDITIONAL SUPPORT

The purpose of this guide is to give you an example of a 10 month routine. If you need further on-going support in the form of a sleep support call with me or a bespoke sleep package for your little one from me, then please head to my website where you can book this instantly.

Thank you so much for purchasing this guide from Amy at Counting Sheep. With over 5 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Amy is thrilled to share her expertise with you. If you would like to find out more about working 1:1 with Amy then please visit her website. As you can imagine, professionalism and discretion are key to Amy and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted, and more support is always available, by request. Best of luck with your little one; it's such an exciting time to spend with your little one.

This document is for your personal use only and may not be distributed. Copyright Counting Sheep.

www.countingsheepsleep.com | amy@countingsheepsleep.com | +44(0)7841997962 | @CountingSheepBabySleep

10 MONTH ROUTINE

TERMS OF USE

- This guide is for your personal use only and may not be shared, copied or distributed in any other way, either in part or whole.
- This guide was produced by me, Amy Sinclair (at Counting Sheep). Counting Sheep is a one-person organisation so please help support small service businesses by *not* sharing with others.
- At all times, I recommend using safe sleep practices with your baby or child.
- The information in this guide is not a substitute for medical advice or care and you should always seek medical support if you feel this is needed (if your baby is unwell, has a temperature, etc).
- This guide is a product in itself and does not come with additional support or consultancy services of any kind.
- A refund is not possible once purchased.
- This guide does not include other information on other age-appropriate routines, early rising issues, or other sleep related issues.
- If you choose not to follow part or all of the information in this guide, this is entirely your choice, however I am not accountable for this not working for you.

Thank you so much for purchasing this guide from Amy at Counting Sheep. With over 5 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Amy is thrilled to share her expertise with you. If you would like to find out more about working 1:1 with Amy then please visit her website. As you can imagine, professionalism and discretion are key to Amy and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted, and more support is always available, by request. Best of luck with your little one; it's such an exciting time to spend with your little one.

This document is for your personal use only and may not be distributed. Copyright Counting Sheep.

www.countingsheepsleep.com | amy@countingsheepsleep.com | +44(0)7841997962 | @CountingSheepBabySleep