



12 MONTH ROUTINE

by Amy at Counting Sheep

12 MONTH ROUTINE

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

I have seen some babies this age on one nap, but I would encourage you to offer this only if your baby is ready.

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 if needed)
7.30am/8am	BREAKFAST
	AWAKE TIME
9.45am	SLEEP (10-15 minutes)
10am	WAKE BABY AND FEED You may notice that baby is not as interested in this feed so it may be dropped entirely
	AWAKE TIME
11.30pm	LUNCH
12.45pm - 2.45pm/3pm	SLEEP (2 hours)
3pm	FEED This feed is usually the last daytime feed to drop - you can introduce a fruit snack here if baby is better on solids
	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

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NIGHT FEEDS

At 12 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 12 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.

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