



13-18 MONTH ROUTINE

by Amy at Counting Sheep

13-18 MONTH ROUTINE

Baby is usually ready to transition to one nap at some point during this time. I have seen babies transition earlier and later than this, but I would say 13–15 months is the average to drop to one nap. 18 months is seen as quite late but there are toddlers who transition this late (my eldest was one of those). My youngest was 13 months.

7am	WAKE
7.30am/8am	BREAKFAST
	AWAKE TIME
9.45am	SLEEP (10-15 minutes) if nap is needed Make sure baby is awake by 10am to protect the lunchtime nap Tip - this nap can be done on the go if it's easier
9.30am/10am	SNACK (earlier snack if not napping in the morning)
	AWAKE TIME
11.15am	LUNCH if on one nap
11.45pm	LUNCH if on two naps
12pm 2.15/2.30pm	- SLEEP (1 hour 45 minutes - 2 hours) - aim for this nap time if on one nap Tip - cut nap down very gradually as you notice it impacting bedtime
12.45pm 2.45pm	- SLEEP (1 hour 30/45 minutes) - do this later nap if on two naps You may notice that bedtime needs to be a bit later for a short period if still on two naps
3pm	SNACK
	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

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 13-18 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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www.countingsheepsleep.com | amy@countingsheepsleep.com | +44(0)7841997962 | @CountingSheepBabySleep

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