



7 MONTH ROUTINE

by Amy at Counting Sheep

7 MONTH ROUTINE

Baby is on three naps a day at this stage, with a long lunchtime nap in the middle of the day. If baby is not doing the longer lunch time nap or is still catnapping (not sleeping over 45 minutes), then please get in touch for a sleep support call as I usually like catnapping to have resolved itself by 7 months at the latest.

Awake time is 2 hours 15 minutes, but may stretch to 2 hours 45 minutes later on in the day to build sleep pressure for bedtime.

| | |
|------------------|--------------------------------------------------------------------------------------------------------------------------|
| 7am | WAKE AND FEED (milk feed) |
| 8am | BREAKFAST (for babies who have introduced breakfast already) |
| | AWAKE TIME |
| 9.15am | SLEEP (30 to 45 minutes) |
| 10am | FEED |
| | AWAKE TIME |
| 11.15am | TOP UP FEED |
| 11.30pm | FOOD (first tastes) Tip - introduce allergens at breakfast time so you can watch for any reactions throughout the day |
| 12.15pm - 2.15pm | SLEEP (2 hours) Tip - reduce the first nap of the day if it starts to impact the length of this nap |
| 2.30pm | FEED |
| | AWAKE TIME |
| 4.15pm | SLEEP (20 minutes) |
| 4.45pm | WAKE BABY |
| 5pm | SNACK FEED (important feed as this sets them up for bedtime) |
| | PLAYTIME |
| 6.30pm | START BATHTIME |
| 6.45pm | BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into cot) |
| 7pm/7.15pm | 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.

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NIGHT FEEDS

At 7 months, baby will be able to drop to just one or zero night feeds assuming no weight gain issues. You could either do this by:

- a) Giving baby a dream feed at 10.30pm and then hoping they stretch out after that or;
- b) Letting baby sleep and then feeding them on waking, hoping they naturally start to drop the 2nd feed.

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 7 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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- At all times, I recommend using safe sleep practices with your baby or child.
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