



# 8 MONTH ROUTINE

by Amy at Counting Sheep

## 8 MONTH ROUTINE

Baby is on three naps a day at this stage, with a long lunchtime nap in the middle of the day. The third nap may be on the verge of dropping at this age. Some babies have dropped the third nap entirely at this age.

Awake time is 2 hours 30 minutes, but may stretch to 3 hours later on in the day to build sleep pressure for bedtime. 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 Tip - introduce allergens at breakfast time so you can watch for any reactions throughout the day
	AWAKE TIME
9.30am	SLEEP (30 minutes)
10am	FEED
	AWAKE TIME
11.30pm	LUNCH (included a feed before or after if needed)
12.30pm - 2.30pm	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
4.30pm	SLEEP (15 minutes) If this nap is not needed then stretch out the awake time for the other two naps slightly and bring bedtime to 7pm
4.45pm	WAKE BABY
5pm	DINNER or SNACK FEED Give dinner here for babies who are on three meals a day
	PLAYTIME
6.30pm	START BATHTIME
6.45pm	BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into cot)
7.15pm	BED

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### NIGHT FEEDS

At 8 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 an 8 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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