



9 MONTH ROUTINE

by Amy at Counting Sheep

9 MONTH ROUTINE

Baby is on three or two naps a day at this stage, with a long lunchtime nap in the middle of the day. Most are on two naps. If baby still needs a third nap, then this nap is usually very short to make sure they don't get overtired before 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 (20 minutes)
10am	FEED
	AWAKE TIME
11.30pm	LUNCH (included a feed before or after if needed)
12.30pm/12.45pm - 2.30pm/3pm	SLEEP (2 hours)
3pm	FEED
	AWAKE TIME
4.30pm	SLEEP (10-15 minutes) Baby may not need this nap so aim for the last nap to end at 3pm if this nap is not needed
4.45pm	WAKE BABY
5pm	DINNER
	PLAYTIME
6.30pm	START BATHTIME
6.45pm	BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into cot)
7/7.15pm	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 9 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 9 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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