

# Baby Sleep Schedule (6 months - )

7:00am

WAKE TIME

7:30am

BREAKFAST (PUREES)

8:00am

PLAY TIME

9:00am

NAP (BREASTFEED/BOTTLE)

10:45am

WAKE/PLAY TIME

11:45am

LUNCH (PUREES)

12:00 pm

PLAY TIME

1:00pm

NAP (BREASTFEED/BOTTLE)  
(GENERALLY CAN GET A 2 HOUR NAP HERE)

3:00pm

SNACK (LEFTOVERS IN FRIDGE, OATMEAL/RICE CEREAL, PUFFS)

3:30pm

PLAY TIME

4:45pm -

CATNAP TIME (BREASTFEED)

6:00 pm

(TBH WE MIGHT GET A 30 MIN NAP OR NONE AT ALL; HE  
LIKES TO NAP DOWNSTAIRS NEAR US)

6:30pm

DINNER (PUREES)

8:00pm

BEDTIME ROUTINES (BATH)

8:30pm

BEDTIME (BOTTLE - WILL TRY BREASTFEEDING BUT PREFERS BOTTLE)

10:30pm

DREAMFEED (BREASTFEED)

