

BABY NAP SCHEDULE

FOR HAPPY BABIES & MAMAS, 0-30 MONTHS

0-1 MONTH

8:30-10 am

11:30-2pm

4-5 pm

Total: 5 hours

1-2 MONTHS

9 -10 am

11:45am -2:15pm

4:30-5 pm

Total: 4 hours

2-3 MONTHS

9:00-9:45

12-2:15pm

4:15-4:45pm

Total: 3.5 hours

3-4 MONTHS

9:00-9:45

12:15-2:30pm

+powernap if needed

Total: 3 hours +

4-6 MONTHS

9:15-9:45

12:00-2:30pm

Total: 3 hours

6-12 MONTHS

9:15-9:45

12:30-2:30pm

Total: 2.5 hours

12-18 MONTHS

12:00-2:30pm

Total : 2.5 hours

18-24 MONTHS

12:30-2:30pm

Total: 2 hours

24-30 MONTHS

1-2:30 pm

Total: 1.5 hour

Notes & Tips:

- Remember to age adjust if baby was born early.
- +/- 15 minutes is no big deal. Total daily nap time is more important than the exact schedule.
- Catch up on lost sleep (early waking) in the 1st nap.
- This schedule complements a 7am wake up & 7pm bedtime.

This schedule was modified based on personal experience from the "Complete Sleep Guide for Contented Babies & Toddlers Contented Baby Sleep" by Gina Ford.