



11 - 14 Month Old Babies*

*Based on 3.5 hour Wake Windows and 2 Daytime Naps

7am	Wake up (Milk if wanted)
8am	Breakfast
9.30am	Morning Nap
10.15am	Wake up and Snack
12pm	Lunch
1.30/2pm	Afternoon Nap
3.30pm	Wake up & Snack
5/5.30pm	Dinner
6.30pm	Bedtime Routine Starts
7pm	Sleep Time