



15-36 Month Old Toddlers*

***Based on 1 Daytime Nap**

As they get older, their wake window from nap to bedtime will increase to around 5/5.5 hours

7am	Wake up (Milk if wanted)
7.30am	Breakfast
9.30am	Snack
11.30/12pm	Lunch
12.30/1pm	Nap
3pm	Wake up & Snack
5pm	Dinner
6.30pm	Bedtime Routine Starts
7pm	Sleep Time