



4 - 5 Month Old Babies*

***Based on 1.5 hour Wake Windows and 3 Daytime Naps. Not all of those naps will be as long as 1.5-2 hours each. If they aren't, add another nap throughout the day, ideally before a feed.**

7am	Wake up and Milk Feed
8.30am	Nap 1: 1-5 - 2 hours
11am	Milk Feed
12.30pm	Nap 2: 1.5 - 2 hours
2.30pm	Milk Feed
4pm	Nap 3: 1.5 hours
5.30pm	Wake up
6.15pm	Pre-bath Milk Feed
6.30pm	Bedtime Routine Starts
7pm	Sleep Time