



6 - 8 Month Old Babies*

***Based on 2 hour Wake Windows and 3 Daytime Naps**

7am	Wake up and Milk Feed
8am	Breakfast (Solids)
9am	Morning Nap
11am	Wake up and Milk Feed
12pm	Lunch (Solids)
1pm	Afternoon Nap
2.45pm	Wake up and Milk Feed
4.45pm	Power Nap
5:30pm	Wake up and Dinner (Solids)
6:15	Pre-Bath Milk Feed
6.30pm	Bedtime Routine Starts
7pm	Sleep Time