



9 - 10 Month Old Babies*

*Based on 3 hour Wake Windows and 2 Daytime Naps

7am	Wake up and Milk Feed
8am	Breakfast (Solids)
9.30/10am	Morning Nap - 1.5h
11/11.30am	Wake up and Snack
1:30pm	Lunch (Solids)
2.30pm	Afternoon Nap - 1.5h
4pm	Wake up
5pm	Dinner (Solids)
6.30pm	Bedtime Routine Starts
7pm	Sleep Time