

8-12 months

A.

6 AM morning
30 min morning nap

TIME	ACTIVITY
6:30	AWAKE & FEEDING
7:30	OPTIONAL SOLIDS
9:00 - 9:30	NAP 1 : 30 MIN
10:00	FEED MILK
11:00	FEED SOLIDS
12:00 - 14:00	NAP 2 : 2 H
14:15	MILK FEED
17:00	FEED MILK / MILK + SOLIDS
17:30	BATH
18:00	MILK FEED <small>First step in bedtime routine</small>
18:30	BEDTIME

B.

7 AM morning
30 min morning nap

TIME	ACTIVITY
7:00	AWAKE & FEEDING
8:00	OPTIONAL SOLIDS
9:30 - 10:00	NAP 1 : 30 MIN
11:00	FEED MILK
12:00	FEED SOLIDS
12:30 - 14:30	NAP 2 : 2 H
14:45	MILK FEED
17:30	FEED MILK / MILK + SOLIDS
18:00	BATH
18:30	MILK FEED <small>First step in bedtime routine</small>
19:00	BEDTIME

C.

6 AM morning
1H morning nap

TIME	ACTIVITY
6:30	AWAKE & FEEDING
7:30	OPTIONAL SOLIDS
9:30 - 10:30	NAP 1 : 1 H
11:00	FEED MILK
12:30	FEED SOLIDS
13:30 - 15:00	NAP 2 : 1 H 30
15:15	MILK FEED
17:00	FEED MILK / MILK + SOLIDS
17:30	BATH
18:00	MILK FEED <small>First step in bedtime routine</small>
18:30	BEDTIME

D.

7 AM morning
1H morning nap

TIME	ACTIVITY
7:00	AWAKE & FEEDING
8:00	OPTIONAL SOLIDS
10:00 - 11:00	NAP 1 : 1 H
11:30	FEED MILK
13:00	FEED SOLIDS
14:00 - 15:30	NAP 2 : 1 H 30
15:45	MILK FEED
17:30	FEED MILK / MILK + SOLIDS
18:00	BATH
18:30	MILK FEED <small>First step in bedtime routine</small>
19:00	BEDTIME