

TINY TRANSITIONS

Sample Schedule: 0 - 2 Months Old

Recommended Awake Window: 45-60 Min

Total Naps: It will vary, focusing on awake time between naps.

Total Sleep Needs: 15-18 Hours per day

7:00 am - Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am - Wake from nap#1, change, feed, play, and cuddle

9:45 am - Nap #2

11:00 am - Wake up from nap #2, change, feed, play

11:45 am - Nap #3

1:30 pm - Wake from nap #3, change, feed, and take a walk

2:15 pm - Nap #4

4:00 pm - Wake up, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm - Wake, change, feed, and family playtime

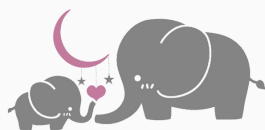
6:15 pm - Nap #6

7:00 pm - Wake from a nap, change, feed, and snuggle

7:30 pm - Kick-off bedtime routine, full feeding before bed (always lay baby down on their back in a calm, dark & safe sleep space)

10:00 pm - Optional dream feed through 8 weeks, then recommended you wean from that as their body clock starts to regulate.

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TINY TRANSITIONS

Sample Schedule: 3-4 Months Old

Recommended Awake Window: 1.5 - 2 hours

Total Naps: 3-4 naps/day

Total Sleep Needs: 12-16 Hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, Feed

8:30 am - Nap #1 in the crib - Unsupported

9:15 am - Up from Nap #1

10:00 am - Feed

10:45 am - Nap #2 - Supported on walk, cuddles, etc.

12:15 pm - Wake-up

1:00 pm - Feed

2:00 pm - Nap #3 in the crib - Unsupported

2:45 pm - Up from Nap #3

4:00 pm - Feed

4:30 pm - Nap #4 - Supported

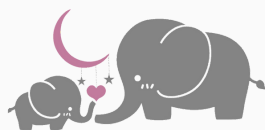
5:15 pm - Wake up from Nap

6:30 pm - Start a bedtime routine

6:45 pm - Final Bedtime Feed

7:00 pm - Bedtime, down in crib and awake

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TINY TRANSITIONS

Sample Schedule: 5-6 Months Old

Recommended Awake Window: 2.5 - 3 hours

Total Naps: 3 naps/day

Total Sleep Needs: 12-16 Hours in a 24-hour period

Sample Nap Schedule

7:00 am - Wake up, feed

8:00 am - Breakfast, if instructed by a pediatrician.

9:30 am - Nap #1 in the crib - Unsupported

10:15 am - Wake up, feed

12:45 pm - Feed

1:00 pm - Nap #2 - Supported {Walk, cuddle, drive}

1:45 pm - Wake up, feed, go to the park, playtime

4:15 pm - Nap #3 - In the crib - Unsupported

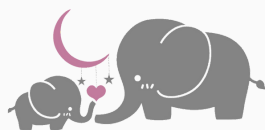
4:45 pm - Wake up, feed

6:30 pm - Start a bedtime routine

6:45 pm - Final Bedtime Feed

7:00 pm - Bedtime, down and awake

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TINY TRANSITIONS

Sample Schedule: 7-12 Months Old

Recommended Awake Window: 3 - 3.5 hours

Total Naps: 2-3 naps / day

Total Sleep Needs: 12-16 hours in a 24 hour period

Sample Nap Schedule

7:00 am - Wake up, feed

8:00 am - Breakfast, if instructed by a pediatrician.

9:45 am - Full Feed before nap, not to sleep.

10:00 am - Nap #1 in the crib - Unsupported

Waking will be one of the following - then nap two-timing:

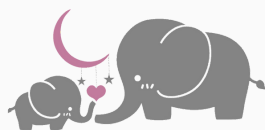
- 10:00 am - 11:00 am, then Nap #2 from 2:00 pm - 4:00 pm
- 10:00 am - 11:30 am, then Nap #2 from 2:30 pm - 4:00 pm
- 10:00 am - 12:00 pm, then Nap #2 from 3:00 pm - 4:00 pm

6:30 pm - Start a bedtime routine

6:45 pm - Final Bedtime Feed

7:00 pm - Bedtime, down and awake

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TINY TRANSITIONS

Sample Schedule: 13 Months Old

Recommended Awake Window: 4-5.5 hours

Total Naps: 1 nap/day, as showing readiness

Total Sleep Needs: 11-14 hours in a 24-hour period

Sample Nap Schedule

7:00 am - Wake up, Breakfast and playtime

9:00 am - Activity

10:00 am - Snack

11:00 am - Free play and storytime

12:00 pm - Lunch

12:30 pm - Nap #1 - Lay down awake to settle

3:00 pm - Wake up, eat a snack, outside play

6:00 pm - Dinner

6:30 pm - Start the bedtime routine

7:00 pm - Bedtime

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