



MASTERING NAPS AND SCHEDULES

Nicole Johnson ~ The Baby Sleep Site™

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Introduction

Your child may or may not be sleeping well at night, but your primary concern might be his napping or lack thereof. Or, maybe you aren't sure how much he should sleep during the day or how to get him on a predictable schedule. If you are a stay-at-home parent, you may want to get to a predictable schedule or to be able to put the baby down, so that you can do some much needed housework. If you are a working parent, you may have noticed when your child doesn't nap well during the day, he sleeps worse at night and you want to know what you can do about that.

This e-Book will help you tackle the most common problems babies and toddlers have when it comes to napping during the day and schedules. The e-Book will cover how much you can expect your child to sleep during the day at various ages, strategies to get longer naps, sample schedules, and how to handle transitioning to less naps or no naps at all. This e-Book also includes 5 sample schedules for each age from 3 months to the toddler years (ages 1-4).

Let's get started on helping your child nap!

Below is an excerpt from the Schedules section of Mastering Naps & Schedules.

Sample Schedules

All sample schedules reference daily nutritional goals. **Please review these with your pediatrician!** These goals were obtained by a combination of the book Super Baby Food by Ruth Yaron and the website Kelly Mom (<http://www.kellymom.com>), a comprehensive breastfeeding resource.

4 Months Old

At this age, many 4 month olds are still waking 1–3 times to eat at night (or every 3 to 6 hours, variably). Anything more and likely you have a sleep association problem. Babies at this age can go 2–3 hours between feedings. My boys seemed to need to eat every 2 hours for a fairly long time (they were both breastfed). Typically, formula-fed babies can go longer between feedings than breastfed babies, but all babies vary. In many ways, we want them to eat more during the day than night, anyway, so don't worry if they can't go long between feedings.

I am in the camp that breast milk or formula should be the primary nutrition in the first year and I, personally, didn't start solids until 5 ½ to 6 months with my boys, but we all do what's best for our family situation, and if you want/need to start solids at this age, below are the daily recommended amounts. You will start with just 1 teaspoon of cereal at a feeding and work your way up.

Goal per day:

- 5–6 breastfeeding sessions per day, on-demand, or 25–35 oz breast milk in a bottle or 3–5 6–8 oz formula bottles per day or a combination
- Water is typically unnecessary as breast milk and formula has plenty. If your baby has any constipation issues, focus on “P” foods (pears, prunes, etc.)
- 1–2 servings baby cereal (1 serving = 1–2 Tablespoons)
- 1–2 servings fruit (1 serving = 1–2 Tablespoons)
- 1–2 servings vegetable (1 serving = 1–2 Tablespoons)

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Sample Schedule 1

This schedule assumes baby can stay up 1 hour 15 minutes before needing to sleep again. At this age, wake-time should be 1–2 hours TOPS, to avoid baby getting overtired. This also assumes baby can go about 2 hours between feedings.

Time	Description	Notes
6:30	Wake and Breast Milk or Formula	
7:15	Breakfast	
7:45	Nap	Usually 30–60 minutes
8:15–8:45	Breast Milk or Formula	
9:45–10:00	Nap	
10:45–11:15	Breast Milk or Formula	
11:45–12:00	Nap	Usually 30–45 minutes
1:15–1:45	Breast Milk or Formula	
2:00	Nap	Usually 30–45 minutes
3:45–4:15	Breast Milk or Formula	
4:45	Nap	30 minute catnap
5:45	Begin Bedtime routine	
6:15	Breast Milk or Formula and Bedtime	
6:30	Goal to be asleep	
10–12:00	First nighttime feeding	Many babies can go 5 hours by this age, but some can't
1–3:00	Second possible feeding	Feeding should be 3+ hours later
4–6:00	Third possible feeding	Feeding should be 3+ hours later

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Sample Schedule 2

This schedule assumes baby can stay up 1 hour 30 minutes before needing to sleep again. At this age, wake-time should be 1–2 hours TOPS, to avoid baby getting overtired. This also assumes baby can go about 2 hours between feedings.

Time	Description	Notes
6:30	Wake and Breast Milk or Formula	
7:15	Breakfast	
8:00	Nap	Usually 30–60 minutes
8:30	Breast Milk or Formula	
10:00	Nap	
10:45	Breast Milk or Formula	
12:15	Nap	Usually 30–45 minutes
12:45–1:00	Breast Milk or Formula	
1:45	Nap	Usually 30–45 minutes
2:45	Breast Milk or Formula	
3:00	Nap	30 minute catnap
4:45	Breast Milk or Formula	
5:00	Nap	30 minute catnap
6:15	Begin bedtime routine	
6:30	Breast Milk or Formula and Bedtime	
6:45	Goal to be asleep	
10–12:00	First nighttime feeding	Many babies can go 5 hours by this age, but some can't
1–3:00	Second possible feeding	Feeding should be 3+ hours later
4–6:00	Third possible feeding	Feeding should be 3+ hours later

Additional Resources

As part of The Baby Sleep Site[®] community, I invite you to take advantage of:

- For personalized advice and support for your unique situation, at an affordable price, consider our sleep consulting services (<http://www.babysleepsite.com/services>). Read parent stories (<http://www.babysleepsite.com/testimonials>) and our FAQ (<http://www.babysleepsite.com/sleep-helpdesk-faq/>).
- For those persistent nighttime struggles for babies under 12 months old, *The 3-Step System to Help Your Baby Sleep*, is a comprehensive e-Book that allows you to bypass the lengthy books currently on the market and start getting your child to sleep today. (<http://www.babysleepswell.com>)
- For both new parents and parents who are expecting again, *Essential Keys to Your Newborn's Sleep* is a practical, hands-on e-Book with tips about how you can influence some of the factors that affect a newborn's sleep and for setting the stage for better sleep, both now and throughout the first year. <http://babysleepsite.com/newborn-essential-keys>
- With *The 5-Step System to Better Toddler Sleep*, get back in control with this comprehensive toddler sleep guide. This toolkit of strategies, sample schedules, and sleep logs will put your toddler on the right sleep track. <http://www.toddlersleepswell.com/>
- Join our *Members Area* packed with premium content and resources: e-Books, assessments, detailed case studies, peer support, and more. **Costs less to join than buying products separately!** (<http://www.babysleepsite.com/become-a-member>)
- Our regularly updated blog, which contains *free* articles on topics related to infants, toddlers, and sleep. (<http://babysleepsite.com/blog>)
- Visit us on Facebook where parents come together to support one another and answer questions. (<http://facebook.com/babysleepsite>)
- Our product recommendations to help your child sleep (<http://babysleepsite.com/resources>)

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About the Author



My name is Nicole Johnson and I am a married mother of two wonderful boys, as well as the Senior Baby Sleep Consultant and owner of The Baby Sleep Site[®].

When my eldest son was a baby, he had a lot of sleep problems. Sleep like a baby? Yeah, right! You had better hope you never sleep like my baby did. He would wake up every one or two hours, *all night long*. I had to do so much to get him through the night.

By thoroughly researching the key literature and scientific reports, I became an expert in sleep methods, scheduling routines, baby and toddlers's development needs and more. I overcame my son's sleeping issues in a way that matched my own parenting style, and knew it was my mission to help other tired parents "find their child's sleep."

I started by leading an Internet-based message board and helped countless parents just like you overcome their own sleeping challenges much quicker and faster than I had. I then created this website in 2008 and expanded my offerings to include e-books, articles, a blog, and customized sleep consulting. The feedback around the world has been incredible!

I would love to help you with your challenge. Know that I never offer one-size-fits-all advice or pass judgment on your parenting philosophies. I incorporate who you are and what your child is undergoing to create a unique service. And I will give you the support you need to see your challenge through to the end.

To order your copy of *Mastering Naps & Schedules*, please visit www.babynapswell.com

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