



THE MILLETTE METHOD™

Sleep Solutions That Meet The Needs Of The Family

12–18 MONTHS SCHEDULE

Adjust schedule to earlier or later wake up time.

5 am: Awake + Breakfast 1 + diaper change + bottle.

5:30 am: Playtime.

7 am: Breakfast 2 (eggs/toast/cereal/pouch/oatmeal).

7:30 am: Playtime.

11:30 am: Lunch in highchair.

12–2 pm: Nap 1, *in crib* (lasting 1–2 hours).

3 pm: Feed 3 or snack + diaper change.

3:30 pm: Playtime, stroller walk, outing. If baby falls asleep, wake up baby by 4:30 pm.

5:30 pm: Solids Feed: veggies + fruit + meat.

6 pm: Start bath/bedtime routine, followed by Feed 4.

6:30 pm: Asleep in crib. Use Interval/Chair Method.

- *These are approximate times for babies 12–18 months. Please remember to follow baby's cues and schedule, especially if baby is sick and may need more sleep or comforting.*
- *Aim for total daytime sleep between 2 and 3 hours, total nighttime sleep between 10.5 and 12 hours, with total sleep in 24 hours between 12.5 and 15 hours.*
- *Look for baby to drop down to one nap/day between 12 and 18 months. Baby may talk, or play, or cry for you through nap times. If baby does this for a period of 5–7 days, start nap later or think about dropping to 1 nap.*
- *Try to get out every day with baby for activities/errands, e.g. play groups, swim class, music class.*
- *Think about weaning down to 3–4 bottle/breastfeeds by 12 months, and eliminating night feeds.*
- *Teething, and developmental milestones such as standing up and walking, may regress good night sleeping patterns. Hang in there, and baby will go back to sleeping well at night.*