



THE MILLETTE METHOD™

Sleep Solutions That Meet The Needs Of The Family

4–6 MONTHS SCHEDULE

Adjust schedule to earlier or later wake up time.

6–6:30 am: Awake + Feed 1 + diaper change.

6:50–7:45 am: Playtime. Tummy time, singing (you can use lullaby CD's), books, infant massage, upright sitting practice, remember to give baby time to play on own, this is very important!

7:45 am: Pre-nap routine. Telling story, cuddles, gentle singing (no clapping or tickling), and short feed.

8 am: Nap 1, *in crib* (45–90 min.), if baby pops up, use Patting, Rocking or Crying. Try to put down drowsy but not asleep.

9:30 am: Feed 2 + diaper change.

11:15 am: Pre-nap routine. Telling story, cuddles, gentle singing (no clapping or tickling), and short feed.

11:30 am: Nap 2, *in crib* (45–90 min.), if baby pops up, use patting, rocking or crying. Try to put down drowsy but not asleep.

12:30 pm: Feed 3 + diaper change.

2:15 pm: Pre-nap routine. Telling story, cuddles, gentle singing (no clapping or tickling), and short feed.

2:30 pm: Nap 3, (45–90 min.), no sleeping past 5 pm, this can be a movement nap, or stroller nap.

3:30 pm: Feed 4 (or a short Nap 4 if Nap 3 was short—wake baby by 5 pm if putting down to sleep at 7 pm. Remember, there should be 2 hours from end of last nap to bedtime.).

6:30–6:45 pm: Feed 5. Offer feed + start bedtime routine.

7–7:30 pm: Transfer to crib drowsy, use Patting, Shushing, or Interval Crying.

10:30–11:30 pm: Feed 6 (drop this feed between 5 and 12 months).

2:30–4 am: Feed 7 (drop this feed between 5 and 12 months).

- *Spread feeds out to every 3.5 hours by 6 months.*
- *Drop down to 2 naps/day between 6 and 9 months.*
- *Introduce solids at 6 months, and sippy cup of water at 6 months.*
- *Aim for total daytime sleep between 3 and 4.5 hours, total nighttime sleep between 10 and 12 hours, with total sleep in 24 hours between 13 and 16 hours.*