



# THE MILLETTE METHOD™

Sleep Solutions That Meet The Needs Of The Family

## 6–8 MONTHS SCHEDULE

*Adjust schedule to earlier or later wake up time.*

**6 am:** Awake + Feed 1 + diaper change, followed by 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 am:** Solids Feed 1: fruit and cereal + sippy cup with water. You can add this feed between 5 and 9 months.

**8 am:** Nap 1 (45–120 minutes). Put down drowsy but not asleep.

**9:30 am:** Feed 2 + diaper change. **Outing opportunity!**

**11:00 am:** Solids Feed 2: veggies/fruit/cereal/meat. You can add this feed between 5 and 9 months.

**11:30 pm:** Nap 2 (45–120 minutes). Put down drowsy but not asleep.

**1:00 pm:** Feed 3 + diaper change. **Outing opportunity!**

**2:30 pm:** Nap 3 (30–120 minutes), wake by 4:30–5 pm. Make this a “flexible nap” in the car seat/stroller/crib, as baby will drop this nap by 8 or 9 months.

**4 pm:** Feed 4 (first feed to drop as you start dropping day feeds, and replace with dinner meal)

**5 pm:** Solids Feed 3: veggies/cereal/meat). You can add this feed between 5 and 9 months.

**5:30 pm:** Start bath/bedtime routine.

**6:30 pm:** Offer Feed 5, and put into crib awake + asleep.

- *Aim for total daytime sleep between 3 and 4 hours, total nighttime sleep between 10 and 12 hours, with total sleep in 24 hours between 13 and 16 hours.*
- *Drop Nap 3 by 8–9 months. Some days baby will only nap 2 times, and some days baby will nap 3 times.*
- *Stretch time out between feeds to 3.5–4 hours.*
- *Introduce sippy cup with water or breastmilk.*
- *Solids food intro: start with morning time feed, then add lunch and dinner between 6 and 9 months. Talk with your pediatrician.*
- *Work on putting baby down drowsy but awake at naptimes and bedtimes.*
- *If baby hasn't already dropped night feeds, think about dropping nighttime feeds between 5 and 10 months.*
- *You can drop night feeds by diluting formula/bottle with water, and/or counting down time offered at breastfeeds.*
- *As baby becomes more active, now is the time to baby-proof, especially if you plan on sharing your bed with your baby.*
- *Patience, patience, and enjoy—your baby is growing every day and will be a great sleeper!*