



THE MILLETTE METHOD™

Sleep Solutions That Meet The Needs Of The Family

8–12 MONTHS SCHEDULE

Adjust schedule to earlier or later wake up time. E.g. adjust schedule 30 minutes to 1 hour earlier if baby wakes earlier.

6–7 am: Feed 1 + diaper change.

7:30 am: Playtime.

8 am: Solids Feed 1: grain + fruit.

9–9:30 am: Nap 1 (2–3 hours after wake up time, lasting 1–2 hours), if baby pops up early, gently soothe with Patting, Shushing, or Crying. Remember, put down drowsy but not asleep.

11:30 am: Feed 2 + diaper change

12:30 pm: Solids Feed 2: veggies + meat.

1–1:30 pm: Nap 2 (2–3 hours after last nap, lasting 1–2 hours), if baby pops up early, gently soothe with Patting, Shushing, or Crying. Remember, put down drowsy but not asleep.

3:30 pm: Feed 3 or snack + diaper change.

4 pm: Playtime, stroller walk, outing. If baby falls asleep, wake baby by 5 pm.

5:30 pm: Solids Feed 3: veggies + fruit + meat.

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

7–8 pm: Asleep. Use Crying or Shush/Pat. Remember, put down drowsy but not asleep.

12 am: Feed 5 (optional). If still offering night feeds, think about dropping them at this time.

- *These are approximate times for babies 9–12 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 and 12 hours, with total sleep in 24 hours between 12.5 and 15 hours.*
- *Try to get out every day with baby for activities, 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.*
- *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!*