



Sleep School

by THE PARENT & BABY COACH

5 Month Routine



At this age, baby is still on 3 naps a day and has hopefully managed to establish their longer middle of the day nap. They are able to be awake usually for up to 2 hours although this sometimes is slightly longer later in the afternoons. Awake period is 2 hours in the morning/middle of the day and then 2 hrs 15 mins post lunch nap.

7am	WAKE AND FEED Milk feed.
	AWAKE TIME
9–10am	SLEEP (45 MINUTES TO 1.5 HOURS) Cut the morning nap slightly shorter if lunch nap is on the shorter side and hard to achieve.
10.30/11am	FEED
	AWAKE TIME
	SOLIDS* OR TOP UP MILK FEED Solids once introduced – possibly from 17 weeks if baby hungry and developmentally ready.
12–2/2.30pm	SLEEP (2–2.5 HOURS)
2/2.30pm	FEED
	AWAKE TIME
4–5pm	SLEEP (30–40 MINUTES)
5pm	SNACK FEED IF NEEDED, OR SOLIDS
	PLAYTIME AND BATH TIME
6.15/6.30pm	FEED
	BEDTIME ROUTINE Story / song / sleeping bag / sleepy time sentence.
6.30/7pm	ASLEEP
Night feeds	One night feed achievable at this age until on 3 solid meals a day and proteins (usually 6–7 months). If baby is not feeding at night do not worry – if baby is feeding more than once a night then you can probably think about dropping down their night feeds assuming you are happy they are taking enough calories in during the day time (good supply or bottle feeding) and they are over 5.5kgs. Note: Baby will not reduce night waking's if unable to settle themselves to sleep, so that may be a factor too.

Thank you so much for purchasing this routine from Heidi, The Parent and Baby Coach. With over 15 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Heidi is thrilled to share her expertise with you. If you would like to find out more about working 1-1 with her or attending her workshops (both in London or available online), please visit her website: www.theparentandbabycoach.com

As you can imagine, professionalism and discretion are key to Heidi and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted and more support is always available, by request. Best of luck with your baby's routine; it's such an exciting time to spend with your little one.

Heidi x

www.pbcsleepschool.com