



Sleep School

by THE PARENT & BABY COACH

7–8 Month Routine





Awake time is 2-2hrs 45 depending on the time of day; later in the day it increases but between waking and the first nap it is likely to be 2hrs 15 minutes maximum, then roughly 2hrs 30 hours before lunch time nap. At this age, baby may be on the way to dropping their afternoon cat nap, but ideally would still be having 10-15 minutes, to re-set their sleep pressure and therefore reduce their total awake time before bed.

7am	WAKE AND FEED Milk feed.
	AWAKE TIME
8am	BREAKFAST - SOLIDS
9/9.15am	SLEEP (45-60 MINUTES) If baby only sleeps 1hr30 or less at lunch time, you can increase morning nap to up to 1.5 hours to boost total day time sleep and adjust awake time accordingly.
10.30	MILK FEED This milk feed usually drops by around 8-10 months so if baby not interested then don't panic!
	AWAKE TIME
12pm	LUNCH - SOLIDS Small top-up milk feed after solids is ok but not necessary.
12.45/1pm	SLEEP (1.5-2.5 HOURS)
3pm	MILK FEED
	AWAKE TIME
Before 5pm	CAT NAP (10-15 MINS MAX)
5pm	DINNER - SOLIDS
	PLAYTIME AND BATH TIME
	MILK FEED
	BEDTIME ROUTINE Story / song / sleeping bag / sleepy time sentence.
6.30/7pm	BED By 6.30pm if tired, 7pm if not.
Night feeds	Some babies are already going through the night at this stage, in which case enjoy! Other babies may still be waking to feed – once fully established on solids, including proteins which is usually by this age then you can look to drop the night feed. If baby doesn't do this naturally, then you can use a sleep approach as detailed in my online Baby Sleep Course.

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

www.pbsleepschool.com