



Sleep School

by THE PARENT & BABY COACH

9–10 Month
Routine



Awake time is 2.5–3.5 hours depending on the time of day. In the morning, your baby will still want to have their morning nap after around 2.5 hours of waking, and their lunch nap is likely to be 3 hours after their morning nap. If the lunch nap is getting shorter then try stretching their awake time to 3+ hours. In the afternoon, most babies are fine to do up to 3.5 hours in the afternoon, sometimes 4 hours without getting overtired. Baby will have dropped their cat nap by now, which means you either need to compensate that with an earlier bedtime 6/6.30pm, or a later lunch nap so pushing out awake time before both naps, so that the day becomes longer.

6.30am	WAKE
7am	MILK FEED
	AWAKE TIME
8am	BREAKFAST - SOLIDS
9.30am	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.
	SNACK AND WATER Mid-morning milk feed usually gone and replaced with a snack and water by this age.
	AWAKE TIME
12pm	LUNCH - SOLIDS
1.30pm	SLEEP (1.5–2.5 HOURS) Always awake by 3.30pm for a 7pm bedtime.
3pm	MILK FEED
	AWAKE TIME
5pm	DINNER - SOLIDS
	PLAYTIME AND BATH TIME
	MILK FEED
	BEDTIME ROUTINE Story / song / sleeping bag / sleepy time sentence.
6.30/7pm	BED Bed by 6/6.30pm to minimise awake window. 7pm if baby has slept more towards 3.30pm for last nap.
Night feeds	Baby is very capable of going through the night at this age, assuming they are gaining weight and eating solids well. If you are still having night time feeds and you would like to cut those out, it is a really good age to implement some sleep coaching which tends to happen very quickly at this stage.

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.