



Joanne Lozman

SLEEP CONSULTING

SAMPLE SCHEDULE
BY AGE

WELCOME!



I am Joanne

*a certified sleep consultant and
mother of two wonderful boys, Oscar and Isaac.
As I have been a sleep deprived parent
with my first son, I really want to help others
by sharing my passion, experience and knowledge
of children's development and learning.*

**IN THIS GUIDE I INCLUDED
5 DIFFERENT SAMPLE DAILY SCHEDULES
FOR EVERY STAGE
OF YOUR LITTLE ONE'S DEVELOPMENT.**

Let's get started!

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sample schedule no. 1

0 - 2 MONTHS

sample schedule no. 2

3 - 4 MONTHS

sample schedule no. 3

5 - 6 MONTHS

sample schedule no. 4

7 - 12 MONTHS

sample schedule no. 5

13 MONTHS+

0 - 2 months

Recommended Awake Window: 45 - 60 minutes

Total Naps: It will vary, focus on awake time between naps

Total Sleep Needs: 15 - 18 hours in a 24 hour period

7:00 am

Wake up, change, feed in a well-lit room, playtime

7:45 am - Nap #1

9:00 am

Wake up from nap #1, change, feed, play and cuddle

9:45 am - Nap #2

11:00 am

Wake up from nap #2, change, feed, tummy time and free play

11:45 am - Nap #3

1:30 pm

Wake up from nap #3, change, feed and take a walk

2:15 pm - Nap #4

4:00 pm

Wake up from nap #4, change, feed, cuddle & tummy time

4:45 pm - Nap #5

5:30 pm

Wake up from nap #5, change, feed and family playtime

6:15 pm - Nap #6

7:00 pm

Wake from nap #6, change, feed and snuggle

7:30 pm

Kick-off bedtime routine, full feeding before bed

(always lay baby down on their back in a calm, dark & safe sleep space)

**10:00 pm -Optional dream feed*

3 - 4 months

Recommended Awake Window: 1.5 - 2 hours

Total Naps: 3 - 4 naps/ day

Total Sleep Needs: 12 - 16 hours in a 24 hour period

7:00 am

Wake up, eat and playtime

8:30 am - Nap #1 in the crib

10:30 am

Wake up from nap #1, feed, read books, play

12:00 pm - Nap #2

1:30 pm

Wake up from nap #2, feed and then tummy time practice

3:00 pm - Nap #3

4:00 pm

Wake up from nap #3, feed, take a walk

5:15 pm - Nap #4

5:45 pm

Wake up from nap #4, feed and family play time

6:30 pm

Start bedtime routine & full feeding before bed

7:00 pm

Bedtime

5 - 6 months

Recommended Awake Window: 2.5 - 3 hours

Total Naps: 3 naps/ day

Total Sleep Needs: 12 - 16 hours in a 24 hour period

7:00 am

Wake up, eat and playtime

8:00 am

Breakfast

*Some may choose to introduce solids around 6 months
(if instructed by pediatrician)*

9:30 am - Nap #1 in the crib

11:00 am

Wake up from nap #1, feed, tummy time and free play

12:00 pm

Lunch

if you are starting solids

1:40 pm - Nap #2

2:30 pm

Wake up from nap #2, feed, go to the park, playtime

5:00 pm - Nap #3

(this may just be a little cat nap)

5:30 pm

Wake up from nap #3, feed, take a walk

5:45 pm

Wake up, feed and family play time

6:30 pm

Start bedtime routine & full feeding before bed

7:30 pm

Bedtime

7 - 12 months

Recommended Awake Window: 3 - 3.5 hours

Total Naps: 2 - 3 naps/ day

Total Sleep Needs: 12 - 16 hours in a 24 hour period

7:00 am

Wake up, eat and playtime

8:00 am

Breakfast with solids

10:00 am - Nap #1

11:30 am

Wake up from nap #1, feed, play date with friends

12:30 pm

Lunch with solids

2:30 pm - Nap #2

4:00 pm

Wake up from nap #2, feed, baby music class

5:00 pm

Dinner with solids

6:30 pm

Start bedtime routine & full feeding before bed

7:00 pm

Bedtime

13+ months

Recommended Awake Window: 4 - 5.5 hours

Total Naps: 1 naps/ day (possibly 2 initially)

Total Sleep Needs: 11 - 14 hours in a 24 hour period

7:30 am

Wake up, eat and playtime

9:00 am

Activity

10:00 am

Snack

11:00 am

Free play and story time

11:30 am

Lunch

12:00 pm - Nap #1

2:00 pm

Wake up, eat a snack, outside play

6:00 pm

Dinner

7:00 pm

Start bedtime routine

7:30 pm

Bedtime

*It's simple and intuitive,
right?*

Thank you so much for downloading

Joanne Lozman's

SAMPLE SCHEDULE

BY AGE

If you would like to talk
a little bit more and
make a plan for your baby?

Please book a free
15 minute call here:

[BOOK A FREE
15 MIN CALL](#)

Is it easier for you
to **share your thoughts
and concerns in person?**

Let's meet at one of my events:

[UPCOMING EVENTS](#)

Are you looking for
more support and help
to **improve your
baby's sleep?**

[PACKAGES](#)

Want to learn more
about newborn, baby, toddler sleep,
and know what to expect?

Check out the **latest article** on my

[BLOG](#)

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