

# Routines

2- 2.5 Years

7 am- awake

7:30/8 am Breakfast

9 am Morning tea

11:30 am lunch

12:30/1 pm **Nap**

2/ 2:30 pm awake /afternoon tea

If bedtime becomes a battle by 2.5 years then reduce or drop the nap all together

5:30 pm Dinner

6:15 pm bath

7 pm bed

