

Routines

12-18 Months

7 am- awake
7:30/8 am-breakfast then milk
9:30 am- **Nap**
10 am- awake
11:30 am- lunch
12:30 pm- **Nap**
2:30 pm- awake /afternoon tea
5 pm-dinner
5:30 pm-bath
6 pm-milk
6:30/ 6:45 pm- bed

