

# Routines

## 8-12 Months

7 am- awake  
7:30/8 am-breakfast then milk  
9:30 am- **Nap**  
10 am-awake  
11 am solids then milk  
12:30 pm- **Nap**  
2:30 pm awake and feed  
(might be a snack here instead of milk)  
5 pm- dinner  
5:30 pm- bath  
6 pm- milk  
6:30 pm- bed

