

SCHEDULES BASED ON AGE

*These are just average schedules based on age group. SOME kids are ready to transition earlier than others.

0-7 MONTHS WAKE WINDOWS

0-3 Months: 45-60 Minutes

4-5 Months: 90 Minutes- 2 Hours

5-6 Months: 2-2.5 Hours

6-7/8 Months: 2.5-3.5 Hours

7-15 MONTHS CLOCK SCHEDULE

Wake between 6-7 AM

Nap 1: 9:30/10:00 AM

Wake by 11:30 AM

Nap 2: 2/2:30 PM

Wake by 4:00 PM

Bed by 7 PM

*Adjust bedtime based on what time they woke from afternoon nap. Follow a 3-3.5 hour wake window.

15 MONTHS- 3 YEARS CLOCK SCHEDULE

Wake by 7:30 AM

Nap at 12:30 PM

Wake by 3:00 PM (or earlier as they get closer to age 3 years)

Bed between 7-7:30 PM

*Adjust bedtime based on what time they woke from nap. For the younger kids, a 4-4.5 hour wake window would work best. For 2.5-3 year olds, 4.5-5.5 hours.

