



1.5-4 year sleep routines



1.5-4 YEAR SLEEP ROUTINES

18 – 24 Month Old Sleep Routine

7am - Awake and ready for breakfast, optional breastfeed or sippy cup of milk.

10am - Great time for active morning activities if not at kindy or pre-school. Small morning tea snack here, make sure you don't put your toddler off their lunch.

11.30am - Lunch. If you are home this could still be a cooked meal which takes the stress of dinner time if your toddler doesn't eat well when tired.

12.15/12.30pm - Begin quiet pre-nap ritual and wind down time, stories, cuddles etc.

12.30/1pm - Nap time. This nap might be as short as 1.5 hours or as long as 2 hours. Ensure the nap is over by 3pm if you want a 7.00pm bed time.



2.30/3pm - Awake and afternoon tea. Optional breastfeed. Try to include some protein here, yoghurt, nut butter, hummus, cheese, are all good options.

4pm - Screen cut off time. No more screens before bed time if you want your toddler to settle easily. Late afternoon outside play does wonders for night melatonin levels, so try to get outside in this period. If you have a younger baby who needs a nap, go for a walk to the park, your baby can sleep in the pram and your toddler can run around.

5/5.30pm - Dinner time, this can be something quick and simple like toast, vege sticks, boiled egg, yoghurt, if lunch was a cooked meal.

5.30/6pm - Bath and pjs.

6.15/6.30pm - Pre-bed sleep ritual, stories and quiet time, optional breast or formula feed.

Teeth brushed after any milk/formula/breastfeed.

6.30/7pm - Bed time around 4-4.5 hours from when the lunch time nap ended.

2-3 Year Old Sleep Routine

6-7am - Awake and ready for breakfast. Try to include some protein here, milk on cereal, yoghurt, nut butter, eggs are all great options. If you've found your toddler has become picky around vegetables, don't save them for dinner, increase exposure by offering them with every meal.

10am - Great time for active morning activities, pre-school, kindy, swimming, play ground visits, walks outside. Know your toddler has a LOT of energy to burn and this starts to impact sleep if they don't get enough opportunity to run around.

Small morning tea snack here, vege sticks, mini meat balls, cheese and crackers, tiny sandwiches, savoury scones, vege fritters, fruit, yoghurt are all good options.

12pm - Lunch. This can be a hot lunch, or a more traditional lunch. Consider each meal time a great time to get vegetables and proteins into your toddler.

12.30pm - Begin quiet pre-nap ritual and wind down time, books, listening to an audio book. Audio books can be a great way to have your toddler rest without much effort from you if you're pregnant with another baby!

12.30/1pm - Nap time. This nap might be as short as 45minutes or as long as 2 hours. Ensure the nap is over by 3pm if you want a 7.00pm bed time. Continue to trim this nap gradually over the 12 months from 2-3 years. Most toddlers don't need a nap by 3 years IF they sleep 11-12 hours at night. If you have a work schedule that means your toddler only gets 9-10 hours night sleep, they'll stay on the 18 month nap routine for much longer.

2.30/3pm - Awake and afternoon tea. Try to include some protein here, yoghurt, nut butter, hummus, cheese, are all good options. Vege sticks and fruit are another great option.

4pm - Screen cut off time. No more screens before bed time if you want your toddler to settle easily. Late afternoon outside play does wonders for night melatonin levels, so try to get outside in this period. If you have a younger baby who needs a nap, go for a walk to the park, your baby can sleep in the pram and your toddler can run around.

5/5.30pm - Dinner time, your toddler should be able to eat what you eat for dinner by this age. If they're a picky eater, continue to expose them to foods like vegetables even if they don't eat them. Repeated exposure is key.

6/6.30pm - Bath and pjs.

6.30pm - Pre-bed sleep ritual, stories and quiet time.

Teeth brushed after any milk/formula/breastfeed. Consider if the milk you offer before bed is putting your child off having to eat a proper dinner.

Nutrition from whole foods is very important at this age, we are wanting to move away from any dependence on milk.

7/7.30pm - Bed time around 4-5 hours from when the lunch time nap ended if they still nap.



3-5 Year Old Sleep Routine

(or when they drop to no nap)

6-7am - Awake and ready for breakfast. Try to include some protein here, milk on cereal, yoghurt, nut butter, eggs are all great options. If you've found your toddler has become picky around vegetables, don't save them for dinner, increase exposure by offering them with every meal.

8/9am - Leave for early childhood education if attending.

9am - Great time for active morning activities if not at ECE swimming, playground visits, play dates, walks outside. Know your toddler has a LOT of energy to burn and this starts to impact sleep if they don't get enough opportunity to run around.

10am- Small morning tea snack here, vege sticks, mini meat balls, cheese and crackers, tiny sandwiches, savoury scones, vege fritters, fruit, yoghurt are all good options.

12pm - Lunch. This can be a hot lunch, or a more traditional lunch. Consider each meal time a great time to get vegetables and proteins into your toddler.

12.30-1.30pm - Quiet time, quiet activity. If your child will look at books or listen to audio books independently and quietly, encourage this. Or else you could join them and read books, work on some puzzles, drawing, block building.

2.30/3pm - Afternoon tea. Try to include some protein here, yoghurt, nut butter, hummus, cheese, are all good options. Vege sticks and fruit are another great option.



4pm - Screen cut off time. No more screens before bedtime if you want your toddler to settle easily. Late afternoon outside play does wonders for night melatonin levels, so try to get outside in this period. If you have a younger baby who needs a nap, go for a walk to the park, your baby can sleep in the pram and your toddler can run around.

5/5.30pm - Dinner time.

6/6.30pm - Bath and pjs.

6.30pm - Pre-bed sleep ritual, stories and quiet time.

7-7.30pm - Bed time



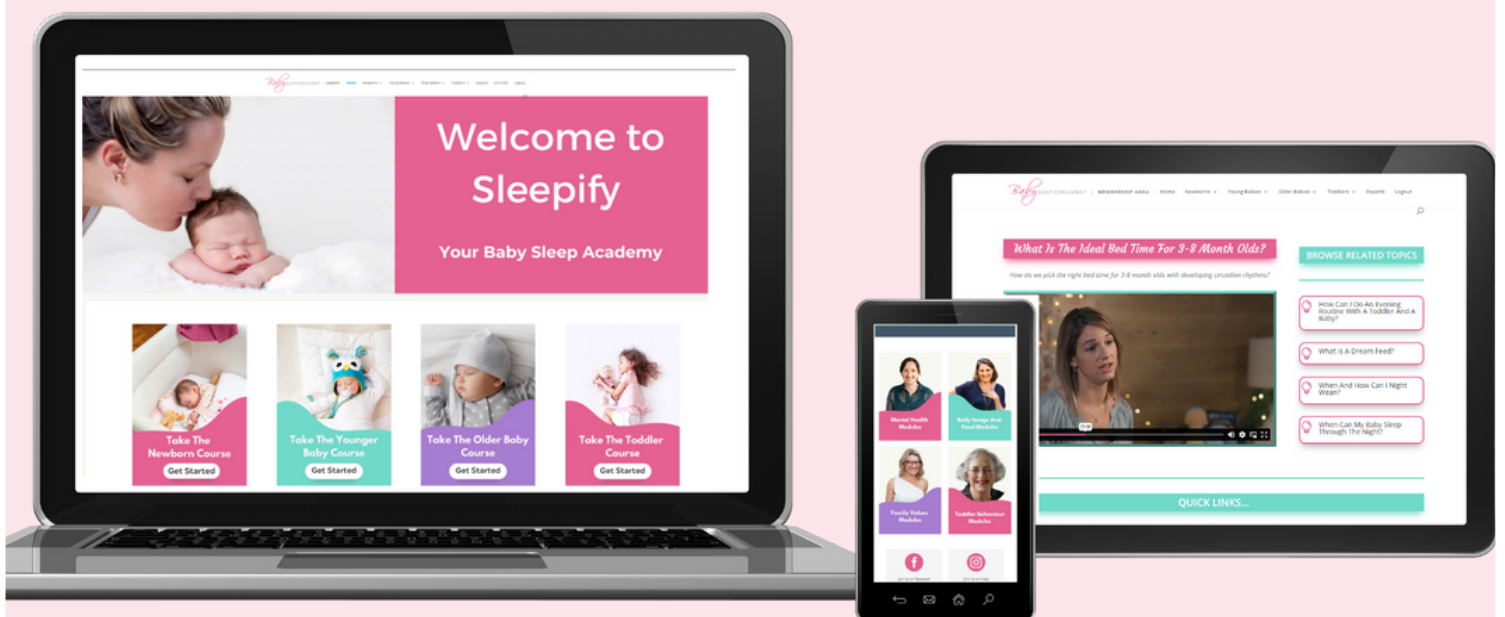
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Author

Emma Purdue is the owner and founder of Baby Sleep Consultant NZ and Australia, Happiest Baby on the Block educator, and Mother of 3. She has a Bachelor of Science and a Diploma in Education from the University of Auckland.

Her approaches in child sleep have led to developing an international training company, certifying and training sleep consultants worldwide. www.babysleepconsultanttraining.com

Emma's team of consultants has helped over 100,000 tired parents around the world; they understand sleep in all areas, as well as parental stress and the emotional challenge we face as parents when trying to improve our children's sleep.

It's not easy and you only want what's best for your child. The Baby Sleep Consultant Team have many free resources on our website in addition to this sleep guide www.babysleepconsultant.co

We have live sleep Q&A on our Instagram every Sunday <https://www.instagram.com/babysleepconsultant/> join us for one soon!

If you need some one on one assistance we offer phone, email and home consults, please get in touch
admin@babysleepconsultant.co.nz