Typical Schedule 9-12 Month Old

What to Expect

Babies at this age on average need eleven hours of sleep at night and three during the day. At nine months, babies should nap for about an hour and a half in the morning and about one and a half to two hours in the afternoon. Most have given up that brief, third late-afternoon nap. By twelve months, the morning nap is about an hour, and the afternoon nap is about an hour and a half.

Many of the problems and solutions encountered in babies from nine to twelve months old are quite similar to those found in babies from six through eight months old, but there are a few sleep-related developmental differences. These babies are more mobile, crawling and pulling themselves up in their cribs, and can pop up each time you put them down at bedtime. Some walk by their first birthday, a major developmental milestone that can temporarily disrupt sleep. Increased activity can tire them out, so you have to pay very close attention to their sleep window, when they are most ready and able to fall asleep. Some can fight sleep, and conceal that window. If you wean during this period, that can also alter the rhythms of bedtime.

Typical Schedule for a 9-12 Month Old

Although I don't believe in completely rigid schedules, young children do need consistency and predictability. During the first weeks of sleep scheduling, you are better erring on the side of too much rigidity than too little.

This is a sample schedule for this age group.

- **7:00–7:30 a.m.** Wake-up. Nurse/bottle/cup and breakfast.
- **9:00–9:30 a.m.** Start the morning nap. If your child is sleeping eleven to twelve hours uninterrupted at night he might be able to stay awake until 10:00 a.m. (or three hours after waking up). Some

children need a small morning snack after the nap.
- **12:00–12:30 p.m.** Lunch with nurse/bottle/cup.
- **1:00–2:00 p.m.** Start the afternoon nap. Snack upon awakening.
- **5:00–6:00 p.m.** Dinner with nurse/bottle/cup.

7:00–7:30 p.m. Bedtime with nurse/bottle.