



The Psychology of child sleep therapist training

6 Month-Old Routine

7 am	Awake & feed
8.45 am	Wind down time
9.15/9.30 am	Nap (ideal time is 9.30 am)
9.15/10.30 am	Awake
11 am	Feed milk – solids - milk
11.45 pm	Wind down and Top up feed
12.15/12.30 pm	Nap
2.15/2.30 pm	Awake
2.30/3 pm	Feed
4.30 pm	Nap – could be just 15 minutes if baby starts to resist bedtime, or dropped completely if baby is able to
4.45/5 pm	Wakeup
5 pm	Feed milk or solids if baby is ready
5.30 pm	Bath, calm down and ready for bed
6 pm	Feed
6.15/6.30 pm	Bed
10/10.30 pm	Dream feed
Overnight	Aim for only one night feed.

The top up feeds are there to help the baby take on as many calories as they are able to during the day, to enable them to go longer in the night.

The times of these naps are to catch the baby's natural nap window, which are right for their age. The only exception is the quick 4/4.30pm nap, for this nap you may have to advise the parents to assist to sleep by taking their for a walk in the pram, a drive, or a cuddle. It is designed to let their baby have a quick cat nap so they do not become overtired before bedtime.

The dream feed is exactly how it sounds, gently lift baby (keeping the room in darkness and the white noise machine on), do not talk to the baby offer a feed and once they have finished, wind them and pop them straight back into their cot.