

Daytime Routine Guide



A note from Vikki

Hello,

Thank you for visiting my website and for downloading this free resource. I really hope that you find it useful in supporting you in developing a baby-led routine. Remember, every baby is different. There is no "one size fits all" when it comes to baby routines. Be kind to yourself, changes can take time to implement, go at a time and pace you are comfortable with.

I recommend waiting till at least 3 months before implementing the tips below.

I also recommend all parents follow safe sleep guidance from [The Lullaby Trust](#).

If you find the information in this free download helpful, then I recommend you check out my Online Sleep Course too.

Don't forget you can follow me @allaboutbabiesuk on both Facebook and Instagram as I post a lot of free tips & advice.

Best of luck,

Vikki Rose
Founder of Allaboutbabies

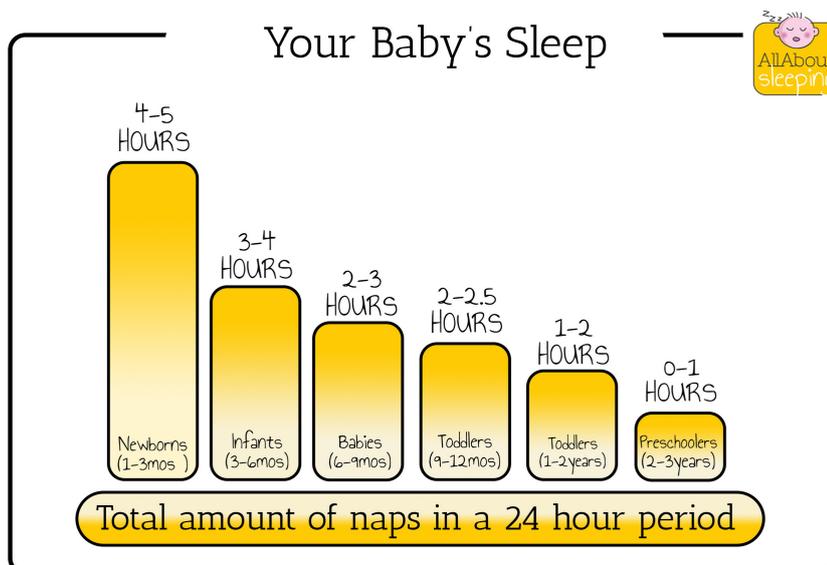
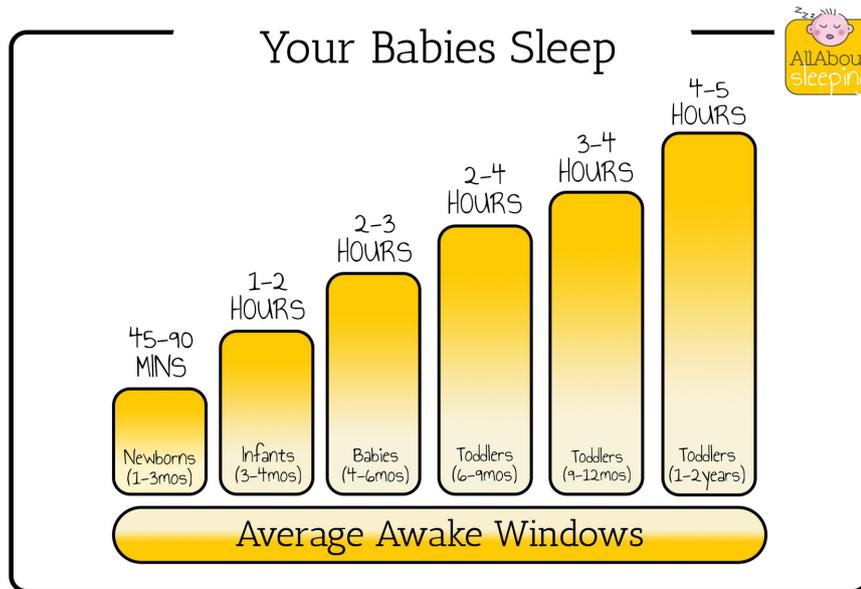
How to develop a baby-led routine

- Aim to start each day within the same hour (e.g. 6-7am). This should ideally be based on your little one's average wake up time - it's always either to start from where they are, rather than trying to push them to where you want them to be. So, for example, if my little one is awake between 5-6am, there is no point aiming initially to start the day at 7am. Aim instead for 6am.
- Try to ensure the first feed of the day is given in the light, so that it's clear you are starting the day.
- Aim to end each day also within the same hour (e.g. 6-7pm) and always ensure bedtime routines are dimly lit. Aim for an 11-12hr night and an 11-12hr day. So, if your baby started their day at 7pm, aim for a bedtime between 6-7pm.
- The key is to learn your baby's natural awake windows. This really is going to help you to develop the right routine for YOUR baby. You can see my sleep charts here for a guide on awake windows however, use this as a guide to start watching for their sleepy cues.
- Remember, be flexible! Babies aren't robots and often no two days are the same. If your little one has had an extra-long nap, or a really short nap, this might impact on their awake window.

How to develop a baby-led routine

- If your baby has missed the last nap of their day, or their naps have all been quite short and you suspect they are overtired, then don't stick to a normal bedtime, bring it forward to compensate. Early bedtimes help more than they hinder.
- As well as being aware of your babies awake window, and using this to help guide their naps, it's also helpful to be aware of how much sleep is recommended over the course of the day. Again, this is just a guide but bare it in mind.
- Finally, I want to reassure you. Naps come in all sorts of lengths and it's normal for babies to naturally take one cycle naps of 30-45mins at a time. Whilst this might be frustrating for you, I can assure you, for them this is not an issue - as long as they get enough of these one cycle naps over the course of the day.

Sleep Charts



CONTACT INFO



vikki@allaboutbabies.org.uk



[allaboutbabiesuk](https://www.facebook.com/allaboutbabiesuk)



[allaboutbabiesuk](https://www.instagram.com/allaboutbabiesuk)



www.allaboutbabies.org.uk