



BABY AND TODDLER BEDTIME ROUTINE

Your child's bedtime routine shouldn't take more than about 30 to 40 minutes, and the routine must be the same every single night.

TIME	ACTIVITY
6:20 pm	Bath time—You might also want to use this time to give your baby a gentle massage.
6:30 pm	Put on pyjamas
6:35 pm	Nursing or bottle feeding (NOTE: Do not let your child fall asleep while feeding)
6:50 pm	Story or songs
7:00 pm	Into cot or bed

The table below indicates how many hours sleep your child requires by age.

AGE	REQUIRED SLEEP
Newborn (0 to 2 months)	15-17 hours a day (3 to 4 hours at a time)
Babies (2 months to 6 months)	14 to 16 hours
Older Babies (6 months to 1 year)	14 hours
Toddlers (1 to 3 years)	11 to 13 hours
Pre-Schoolers (3 to 5 years)	10 to 12 hours
School-aged children (5 to 10 years)	10 to 12 hours
Older Children (10 to 13 years)	9 to 11 hours
Teens (13 to 18 years)	8 to 10 hours