



BABY SLEEP SCHEDULE

2-Month-Old

2-month-olds will typically sleep for between 14—16 hours in a 24 hour period. They will have between 3—5 naps which can vary in length from 30 minutes to 3 hours.

| TIME | ACTIVITY |
|----------|----------------------|
| 7:00 am | Awake and Feed |
| 8:30 am | Lullaby/Book and Nap |
| 10:00 am | Awake and Feed |
| 11:30 am | Lullaby/Book and Nap |
| 12:30 pm | Awake and Feed |
| 2:00 pm | Lullaby/Book and Nap |
| 3:00 pm | Awake and Feed |
| 4:30 pm | Lullaby/Book and Nap |
| 5:30 pm | Awake and Feed |
| 7:00 pm | Bedtime Routine |
| 7:30 pm | Bedtime |