

11-month-old baby

SCHEDULE

TIME	WHAT'S HAPPENING
7am	Wake-up and feed (milk)
8am	Breakfast (solids) then play
9.30am	Nap
10.30am	Wake, milk feed/snack & play
12midday	Lunch (solids)
1pm	Nap
3.30pm	Wake-up and play
5pm	Dinner (solids)
6.45pm	Bath
7pm	Milk feed and bedtime story
7.15pm	Bed
Night	Baby may still wake at night for a milk feed

This schedule assumes you have now introduced 3 meals per day to your baby. The mid morning milk feed is optional and depends on whether you feel your baby still needs it. Not all babies will sleep through the night at this stage.