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6am-7am	Wake up. Curtains open, light comes in. Diaper change and leave the room. Baby takes a bottle/nurses outside the room where she sleeps. Ideally, we do not want her to sleep past 7am to preserve the quality of first nap.
7:00-8:00am	Breakfast (if she is having solids). If there is a possibility to take some fresh air and access to natural light at this time, that would be ideal.
8:30-9:00am	First nap starts. (in the crib by this time) <i>6mo.....2.5hs after 1st nap ends</i> <i>8mo.....2.75hs after 1st nap ends</i> <i>9mo-14mo.....3hs after 1st nap ends</i>
10:00-10:30am	Awake. Do not let baby sleep past 10:30 am to preserve the quality of second nap. Diaper change. Baby can take a bottle/nurse when she wakes up from this nap.
10:30-11:30/12	Play time. If there is a possibility to take some fresh air and access to natural light at this time, that would be ideal.
11:30 – 12:00	When Baby starts getting solids for lunch, or is she is already doing it. Noon is the perfect time for her to eat.
12:00-1:30pm (range)	Second nap starts. <i>6mo.....2.5hs after 1nd nap ends</i> <i>8mo.....2.75hs after 1nd nap ends</i> <i>9mo-14mo.....3hs after 1nd nap ends</i>
2:00–4:30pm	Awake. Diaper change. Baby can take a bottle when she wakes up from second nap.
3:30-4:30	Third nap: 2hs after 2 nd nap ends (this is the perfect nap to make on the go) This nap will become shorter as she grows, and it is not restorative. She will drop it completely between 6 – 8 months old Example, if she woke up from her 2nd nap at 2pm, I would offer another nap at 4pm.
4:30	Wake baby up if she is still asleep. No sleep after 4:30pm to preserve the quality of nighttime sleep.
5:30-5:45pm	Baby can have solids if she is already having solids for dinner and then she should have the last bottle of the day/nursing.
6:00-6:30pm	Bedtime. <ul style="list-style-type: none"> • If Baby did not take a third nap, bedtime will be 3/3.5hs after she woke up from second nap. (as early as 5:30pm when necessary). • If Baby took a third nap, bedtime will be 2hs after that nap ended. (e.g. If she slept from 4:30pm, bedtime will be at 6:30pm).

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A Warm Note from Lola

I know that written guidance can sometimes feel cold or overly systematic. Please remember: this is simply a framework. Make the process your own.

Transform these steps into the loving communication you already use with your baby, and adjust everything to fit your family's values, rhythms, and comfort.

Trust your baby, and talk to her/him in the way that feels natural to you. Transitions can be challenging, especially when they involve witnessing your baby struggle or learning something new. But keep in mind that the only thing changing here is the way you support sleep. You're still the same loving parent, and your baby is still safe and held through the process.

And truly—you will sleep again, mama. Your baby will benefit from this, and in time, you'll both feel the amazing difference of a well-rested family.

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Sleep Training Plan

(We'll use the same sleep routine for both naps and nighttime sleep)

- Each time you put Baby to sleep, you will follow the same steps to convey to her that it is time to rest.
- We'll make this routine short and simple. Try to do the same things in the same order each night (even if a different person is putting baby to bed). This routine can be 10-mins or less; if it is too long baby will be kept up past the ideal moment and become overtired.
- Remember it's a cue and not a means to sleep. Falling asleep will be baby's job.
- **Feed baby before the routine starts.** Baby will have the last bottle/nursing of the day outside the room where she sleeps, when the lights are still on and she is interacting with the family. From now on feeding is for eating, not for sleeping. After she finishes the bottle, you can start the sleep routine.
- The routine can include saying goodnight to the family, walking to the room, listening to the same song while you change the diapers. You can put down the shades and turn on the white noise. Simple steps.
- In very simple and loving words tell baby what is happening. "We'll do things a little different tonight. You already ate and now it's time to let your body rest. I will put you in the crib now. It might be hard to fall asleep tonight. We'll be checking on you while you try to sleep". Acting calm and showing confidence. Acknowledge that she is tired and might be confused with the changes.
- After the routine, kiss her and put baby down in the crib on her back (always follow safe sleep recommendations). Leave the room.

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The Chair

If baby starts crying when you put her in the crib, you will sit on the chair and you will stay on the chair until she falls asleep.

Place the chair next to the crib and move it further from the crib and closer to the door every 3 nights.

While on the chair you can use your voice “Baby I am here, it’s time to sleep. Sh Sh sh” (don’t talk all the time and allow moments of silence. You can also pat her.

Visits

Put baby on in the crib and leave the room. Set the timer and wait 5 minutes (start counting the time when baby starts crying. If baby has moments of silence, reset the timer and start counting from 0 again when baby starts crying again).

Enter the room again for a few seconds, to let your baby know that you are there. Get closer to the crib, use your voice “I hear you. It’s time to rest. I will be back in a few minutes”. Stay calm. Leave the room again.

You can stay at 5 minutes, or you can increase the time by 2, minutes extra each time.

Do this until baby falls asleep.

No intervention.

Put baby in the crib and leave the room. Let your baby fall asleep with no intervention.

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First nap

- This nap is emotionally restorative. This will be the first nap established and will set the rhythm for the rest of the day.
- The goal will be this nap to start between 8:30-9:00am. We don't want to miss Ro's biological sleep wave. So, even if she sleeps until 7:00am we will put her down by 9am to prevent her from becoming overtired.
- We are going to be flexible at first (babies closer to 6 months). Sleep rhythms are still developing, and might not be ready to push through until 8:30-9am. For babies closer to 10-12 months, even if they wake up at 6am in the morning, I suggest to push first nap to start at 9am.
- We will wake her up if she is still sleeping at 10:30am as we want to preserve the timing of 2nd nap.

Second nap

- The second nap is physically restorative. This nap will settle after the first nap is established.
- Depending on how the first nap goes, the second nap will start between 12 and 1:00pm.
 - *6mo.....2.5hs after 1st nap ends*
 - *7-8mo.....2.75hs after 1st nap ends*
 - *9-12mo.....3hs after 1st nap ends*

Third nap

- This nap is not really restorative, but it will help her get better rested at bedtime. It's the perfect nap to do on the go (car, carrier, stroller).
- Most babies drop this nap between 6- 8 months old
- Third nap usually occurs **2 hours after second nap ended**.
- If it's 4:30pm and Baby is still sleeping, we will wake her up as we want to preserve a healthy bedtime.

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The hour rule for naps

We will keep Baby in her crib for 60 minutes counting from the time you put her in her crib, to give her the opportunity to fall asleep or fall back asleep if she wakes up early. After 60 minutes, if she is awake, go in with a happy wakeup; open the shades, turn off the white noise, and take her out of the crib.

Stay consistent with naps. Some days, naps will be great and other days naps will be all over the place. Just don't give up! Baby needs her daytime sleep. You will need to be consistent with your approach to put her down for her naps at these biological age-appropriate windows.

Bedtime

- Bedtime will be 2/2.5hs after baby wakes up from her 3rd nap. In the crib by this time.
- Remember we always want to prevent her from becoming overtired. Pay attention to her sleepy cues to understand when she is ready to go to sleep.
- Little by Little her schedule will start to fall into place according to her biological rhythm and it will look somewhat like the example on the first page of the plan.

During the day, it's important that she has the opportunity to get outside while she is awake. The exposure to natural light and fresh air it's important and necessary to help her regulate her sleep/wake rhythm. Specially early in the morning.

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Night Feedings

Please discuss your baby feeding needs with your pediatrician.

If Baby wakes up before midnight: use whatever method, you use at bedtime until she falls back asleep.

If she wakes up at midnight or later: go in and feed her, once. Put her back down in the crib and allow her to fall back asleep.

If your baby (and you) is ready to stop eating at night, you will allow her to fall back asleep in the crib for every wake up using the method you have chosen at bedtime.

Sleepy cues

For all naps and bedtime, you want to identify baby sleepy cues. What is it that she do when she are ready to sleep (red eyes, rub his eyes, zoom out/too calm, touch her ears, etc)? Use the clock to check if it's time for a nap / bedtime and look for the sleepy cues. If she starts to get cranky and cry, it is probably too late and we are missing the window of the sleep wave.

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Key to success

STAY CONSISTENT!

Talk with your partner so you are both on the same page.

Make sure you have a clear plan for the night, and naps, and decide who is doing what.

Accept that it will be challenging at first.

Welcome ALL the feelings, your baby's and yours.

DISCLAIMER

This document is not medical advice.

It should not be used as general guidance, nor to diagnose, treat, or address any medical condition or sleep pathology. If you have any medical concerns, please consult your pediatrician or healthcare provider.

This document provides general information about routines and sleep development for babies 6–12 months and was created exclusively as a synthesis of a broader workshop attended by parents interested in this topic. It is intended solely to recap concepts covered during that session and is not meant to substitute personalized sleep support or professional medical guidance.

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