



GUIDING NIGHT

Sleep Consultant

14/15-36 Month Old Toddlers

*Based on 1 Daytime Nap

7am	Wake up & Milk (if wanted)
7.30am	Breakfast
9.30am	Snack
11.30am / 12pm	Lunch
12.30 / 1pm	Nap
3pm	Wake up & Snack
5pm	Dinner
6.30pm	Bedtime routine starts
7pm	Sleep time