10–13 MONTHS

A sample day

This is a sample to give you an idea. Your baby's day won't look exactly like it, and it doesn't need to.

If you see hunger cues, it's fine to feed now.

7:00 am	Wake up and milk
8:00 am	Solids
9:45 am	Wind down
10:00–11:00 am	Nap 1 · about 1 h
11:00 am	Wake up
11:00 am	Snack
12:55 pm	Solids
2:15 pm	Wind down
2:30–3:30 pm	Nap 2 · about 1 h
3:30 pm	Wake up
3:30 pm	Snack
5:45 pm	Solids
7:15 pm	Milk
7:30 pm	Wind down
7:45 pm	Bedtime

If a nap runs short: A typical nap at this age is 1 h to 2 h, and some days it won't be. Keep feeds and meals near their usual times. If your baby wakes early, play until the next feed, but if they seem hungry sooner, feed now.

Solids: 3 meals a day and up to 2 snacks, alongside about 2 cups of milk. Breastfed toddlers may feed more often.

Overnight: Some babies this age no longer need night feeds, and some still do. Ask your pediatrician if you are unsure.

Times are estimates from typical ranges. Follow your baby.

General guidance, not medical advice. Always consult your pediatrician about your baby.

Sources: AASM and Sleep Foundation (total sleep), CDC and AAP (feeding), WHO and NHS (solids). Wake windows are typical ranges, not medical standards. Sources checked: 2026-11.