5–7 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
8:45 am	Wind down
9:00–10:30 am	Nap 1 · about 1 h 30 min
10:30 am	Wake up and milk
12:10 pm	Solids, if started
12:25 pm	Wind down
12:40–2:00 pm	Nap 2 · about 1 h 20 min
2:00 pm	Wake up and milk
4:05 pm	Wind down
4:20–5:30 pm	Nap 3 · about 1 h 10 min
5:30 pm	Wake up and milk
7:30 pm	Milk
7:45 pm	Wind down
8:00 pm	Bedtime

If a nap runs short: A typical nap at this age is 45 min 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: Start around 6 months, once your baby shows they’re ready, with a small amount once a day. Milk is still their main nutrition. Ask your pediatrician when to start.

Overnight: Some babies still feed once at night.

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.