7–10 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
9:25 am	Wind down
9:40–11:15 am	Nap 1 · about 1 h 35 min
11:15 am	Wake up and milk
12:30 pm	Solids
1:55 pm	Wind down
2:10–3:30 pm	Nap 2 · about 1 h 20 min
3:30 pm	Wake up and milk
6:15 pm	Milk
6:30 pm	Wind down
6:45 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: Keep building toward 3 meals a day. Milk is still their main nutrition.

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

Some babies this age still take a third, short nap.

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.