

DAILY ROUTINE: 1 YEAR OLD

FOR BABIES 10-18 MONTHS OLD

6:30 a.m. Wake Up

7-8 a.m. Playtime & Snacks

8:00 a.m. Breakfast

9:30 a.m. Nap #1

11 a.m.-1 p.m. Playtime Outside or
Running Errands & Snacks

1:00 p.m. Lunch

2:00 p.m. Nap #2

4-5 p.m. Playtime & Snacks

5:30 p.m. Dinner

6:15 p.m. Bathtime

7:00 p.m. Bedtime