

## NIDO/Infant Community: Suggested Meal and Sleep Routines

A consistent routine is quite possibly one of the most important things you can give your child during this stage in their development. Consistency gives them predictability, which in turn gives them a sense of security. When a child feels secure, they can better spend their energy joyfully exploring their environment and further developing themselves.

As the heading implies, this is a SUGGESTED schedule for the Infant Community children, to help guide you at home in keeping with the routine that is implemented here at school. Please keep in mind that you can always modify this schedule based on the individual needs of your child. If there are such modifications, please know that you can always approach the guides to communicate your child's individual needs.

### 9-12 Months:

7:00 am - Bottle Feeding/Breastmilk (6 oz)  
8:30am - Breakfast at School (or snack if already had breakfast at home)  
9:00-10:00am - Nap #1  
11:00am - Milk (4-6 oz, no more so they have an appetite for solids)  
12:00pm - Lunch  
1:00-3:00pm - Nap #2  
3:00pm - Bottle Feeding/Breastmilk (4-6 oz) or a Snack  
5:00pm - Dinner  
6:00pm - Bath  
6:30pm - Bottle Feeding/Breastmilk (4-6 oz) or a Snack  
7:00pm - Bedtime (already asleep in their bed/crib)

### 12-18 Months:

7:00 am - Breakfast at Home (Solids)  
9:15am - Snack  
11:30am - Lunch  
12:00-2:30pm - Nap  
3:00pm - Snack  
5:30pm - Dinner  
6:15pm - Bath & Bedtime Routine  
7:00pm - Bedtime (already asleep in their bed/crib)

Side Note: Ideally after 12 months, the milk intake is just complimentary to the solid meal. If you still want to give a bottle, we recommend only 1 given before bedtime at 6:45ish. But feel free to consult your pediatrician regarding your child's individual needs.

**Please remember that you can ALWAYS approach us with any questions or concerns. This stage of development is ever changing; know that you can always rely on our guidance as your child grows and evolves, especially since we as parents must continually grow and evolve with them as well!**

**Beth Montessori Admin & Nido Guides**