

How many naps should my baby be having?

0 – 2 Months ---- 45 Minutes – 3 – 5 Naps

2 – 4 Months ---- 3 – 4 Naps

4 – 6 Months ---- 3 Naps

6 – 9 Months ---- 2 – 3 Naps

9 – 12 Months ---- 2 Naps

12 – 18 Months ---- 1 – 2 Naps

18 M – 2 Years ---- 1 Nap

2 – 3 Years ---- 1 Nap

3 – 4 Years ---- 0 – 1 Nap



The Sleep Mantra

INFANT & CHILDREN'S SLEEP CONSULTING