

Typical Schedule 2 1/2-Year-Old to 5-Year-Old

What To Expect

Between ages two and three, average sleep needs drop to about ten and a half hours a night, plus an hour-and-a-half afternoon nap. Four year olds need eleven and a half hours at night, and most no longer nap daily, although they do need about forty-five minutes of quiet time each afternoon and possibly an occasional nap. Five year olds sleep about eleven hours a night, and afternoon quiet time is still beneficial. Preschoolers still need a lot of sleep, but they are immensely clever at devising reasons not to get it.

Typical Schedule for 2.5 Year Old - 5 Year Old

- **6:00 a.m.–7:30 a.m.** Wake-up and breakfast.
- Midmorning snack
- **12:00 p.m.–12:30 p.m.** Lunch.
- **1:00 a.m.–3:00 p.m.** Nap (if still napping), or quiet time.
- Snack
- **5:00 p.m.–5:30 p.m.** Dinner.
- **6:00 p.m.–6:30 p.m.** Start bath.
- **7:00 p.m.–8:30 p.m.** Bedtime (exact time depending on age and if your child is still taking a nap).