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Typical Schedule for a 13-18 Month Old

What To Expect At This Age

At this age toddlers need an average of eleven and a quarter hours of uninterrupted sleep at night and two and a quarter to two and a half hours during the day. Children at the younger end of this age bracket take two naps, in the morning and afternoon, but by eighteen months most consolidate to one mid-day or afternoon nap.

Early toddlers are prone to behavioral sleep problems. Their increased mobility (including walking), a peak in separation anxiety around the first birthday, and emotional attachment to such objects as bottles and pacifiers can all complicate bedtime and contribute to nighttime awakenings.

Typical Schedule

Children need regular naptimes, regular bedtimes, and three recognizable mealtimes. Their bodies need the routine to regulate day and night hormone cycles, and to keep them in sync with their internal clocks. Their little hearts and minds need certainty and predictability to feel secure.

But I also believe in some flexibility. The sample schedule below is a good starting point, but you can adjust it. For instance, if your child is an early riser, move the morning nap earlier. You may also have to play with the schedule a bit to accommodate the needs of your other children.

Sleep times are averages, but if your child is napping and sleeping poorly, chances are you are underestimating how much sleep she needs. (Shift earlier if your child wakes between 6:00 and 7:00 a.m.)

Here is the sample schedule I would recommend for this age:

- ✓ **7:00–7:30 a.m.** Wake-up and breakfast.
- ✓ **9:00–9:30 a.m.** Start of one-hour morning nap if she's still taking one. She'll probably want a snack right before or after the nap.
- ✓ **11:30 a.m.–12:30 p.m.** Lunch (depending on morning-nap timing).
- ✓ **12:30–1:30 p.m.** Start of afternoon nap. About an hour and a half if it's a second nap, about two to two and a half hours if it's the only nap of the day. Snack after nap.
- ✓ **5:00–5:30 p.m.** Dinner.
- ✓ **6:00–6:30 p.m.** Start bath/bedtime routine.
- ✓ **7:00–8:00 p.m.** Asleep.