

# TODDLER MEAL & NAP SCHEDULE

**TIME**

**ACTIVITY / MEAL**

**NAP DURATION / NOTES**

7:00 AM

Wake Up & Milk

8:30 AM

Breakfast

10:30 AM

Morning Snack

12:30 PM

Lunch

1:00 PM

Nap Time

3:30 PM

Afternoon Snack

6:00 PM

Dinner

7:30 PM

Bedtime Routine

**Daily Observations & Reminders**