
Under the Wing Sleep Consultancy

ROUTINES

Baby & Toddler Sleep Routine Starter Guide





I'm Hannah Welcome

As a sleep consultant and a Mum I can assure you that this guide contains all you need to know to give you and your little one the best chance of a peaceful bedtime.



Hannah Quirke



Why Routines Matter



- Predictability makes babies and toddlers feel safe.
- It helps set their internal body clock.
- It creates strong sleep cues for easier settling.



Baby Sleep Routine (0-12 months)

Keep it short and soothing



- Dim the lights and keep the house as quiet as possible.
- Avoid overstimulation right before bed.



Sample Routine (6:30-7 PM):

- ✓ Bath or quick wash
- ✓ Pyjamas + sleep sack
- ✓ Milk or feed
- ✓ Gentle lullaby, cuddle or story
- ✓ Lights out





Toddler Sleep Routine (12 months+)

Add independence and keep it calm.

- Offer choices for independence (Which pyjamas, which book).
- Calm activities only.
- Consistency is key!



Sample Routine for 12 months +



- ✓ Bath or wash
- ✓ Pyjamas
- ✓ Brush teeth
- ✓ 1–2 stories
- ✓ Cuddles and goodnight phrase

Keep it short - 20 to 30 minutes is plenty.

Toddler Bedtime Chart



Having a simple bedtime routine checklist can help toddlers transition from one stage of the routine to the next.

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Bedtime Routine

	Bath time	<input type="checkbox"/>
	Pyjamas	<input type="checkbox"/>
	Brush Teeth	<input type="checkbox"/>
	Story	<input type="checkbox"/>
	Say good night	<input type="checkbox"/>

Tips for Success

- Start small—just 2 steps at first.
- Keep the same order every night.
- Use low lights and calm voices.
- Avoid stimulating activities an hour before bed.
- Add a special bedtime cue (song, phrase, or cuddle).





You've got this!

Ready to make bedtime easier? If you need help creating the perfect routine for your little one, book a free discovery call with me today!

<https://www.underthewingsleepconsultancy.ie/book-online>

