



47-52 WEEKS (4 Feedings; 1 Snack; 2 Naps; plus 1 Catnap if needed)

	FEEDING TIME	FOOD	AWAKE TIME	NAP TIME
1	8:00 a.m.	Breakfast + 4-6 oz. Milk*	After Feeding-10:30 a.m.	10:30 a.m.-12:30 p.m.
2	12:30 p.m.	Lunch + 4-6 oz. Milk*	After Feeding-3:30 p.m.	No Nap (2:45 p.m.-3:30 p.m. catnap, if needed)
3	3:30 p.m.	Supper + 4-6 oz. Milk*	After Feeding-5:00 p.m.	5:00 p.m. -6:30 p.m.
4	6:30 p.m.	2-3 Handfuls of Finger Snacks	After Snack-8:00 p.m.	No Nap
5	8:00 p.m.	8 oz. Milk*	None	After Feeding-8:00 a.m.

The goals: changing over to whole milk in a sippy cup, lessening naps to 2-a-day. Here we are together at the end of your baby's first year of life! At this point, you have successfully taught your baby to sleep through the night, to eat three solid meals a day, and to self-soothe and self-play with confidence. What accomplishments! Break out the champagne and toast to your practically perfect baby!

You now have a lot of options for your baby's breakfast, lunch, and supper. Organic **Rice or Oatmeal Cereal** mixed with pureed fruit or jam is still a good breakfast option. In addition to lunches you still make, we would suggest (for your convenience) you add premade microwavable **Toddler Meals** to her repertoire and split them into two feedings, half for lunch and half for dinner.

*Now is the time to change from formula to **Vitamin D/Whole Cow's Milk** because your baby needs the fat for brain development and is receiving enough iron and vitamins from his solid foods. We suggest you use organic milk (if possible) and deliver it in a **sippy cup only** (no more bottle after 12 months!). To make the changeover from formula to milk, here is a suggested schedule:

- **Weeks 47-49:** ¾ Formula + ¼ Milk
- **Week 50:** ½ Formula + ½ Milk
- **Week 51:** ¼ Formula + ¾ Milk
- **Week 52:** 100% Milk