

GENTLE 18 MONTH DAILY RHYTHM

A calm, Montessori-inspired daily flow focused on rhythm rather than rigid timing.



Morning — Slow Start + Movement

- Wake and connect (cuddles, nappy change)
- Breakfast together
- Free play or simple practical life activity
- Outdoor time or walk

Midday — Food + Rest

- Lunch before overtiredness sets in
- Calm wind-down (books, dim lights)
- Nap (1.5–2.5 hours for many toddlers)

Afternoon — Gentle Activity + Independence

- Snack and reconnect
- Independent play
- Movement (park, garden, dancing)
- Simple shared activity (cooking, water play, art)

Evening — Calm + Early Wind-Down

- Early dinner
- Calm play (books, puzzles)
- Bath (if relaxing for your child)
- Bedtime routine (same sequence nightly)
- In bed around 7–7:30pm for many toddlers

The goal is not perfection. Focus on predictable order, protected rest, daily movement, and starting wind-down before your toddler looks tired.