

FLEXIBLE PLAN FOR BABIES 6 MONTHS - ONWARDS

A GUIDE FOR YOUR BABY'S DAYTIME ROUTINE - Variations may be needed to meet the individual baby's needs

6 months - 9 months

Early Morning Milk Feed
(Baby may go back to bed)

Up time 2 ½ - 3 hrs

Solids
Play

Sleep (1 ½ - 2 hrs)

Variation.....

Up time 2 ½ - 3 hrs

Milk feed
Solids
Play

Sleep (1 ½ - 2 hrs)

Variation.....

Up time 2 ½ - 3 hrs

Milk feed
Solids
Play
Bath
Milk feed

(You may choose to delay this feed and give just before you go to bed.)

Quiet time

Bed time

Variation.....

Aim to give both Milk & Solids within one hour

9 months - 12 months

Up time 3 - 4 hrs

Milk feed
Breakfast
Play
Snack

Sleep (1-2 hrs)

Variation.....

Up time 3 - 4 hrs

Lunch
Milk feed
Play

Sleep (approx. 1 hr)

Variation.....

Up time 3 - 4 hrs

Snack
Play
Solids
Bath
Milk feed
Quiet time

Bed time

Variation.....

Tired signs include: Bored with toys, shorter concentration, fussy with food & drink, rubbing eyes/ears/nose, needing more physical contact, clumsy, more emotionally demanding.

12 months - onwards

Breakfast
Play

Snack
Play

Early lunch

Sleep (2 ½ - 3 hrs)

Variation.....

Snack
Play

Dinner

Bath
Quiet time

Bed time

Variation.....

Day sleeps may continue for 3 or more years