

12 - 18 MONTHS DAILY ROUTINE

MORNING

TIME	ACTIVITY	INFO
7:00 am	Wake up	Milk feed
8:00 am	Feed	Solids
8.30am	Play	Stimulating *
11:30am	Feed	Solids & Milk feed *
12:00pm	Nap	2.5 hours
2:30pm	Play	Stimulating *

MIDDAY – EVENING

5:00 pm	Meal	Solids *
5:30 pm	Bath	Don't make it too stimulating. *
6:00 pm	Feed	Milk feed
7:00 – 7:30pm	Bedtime	Between this timeframe *

- **Stimulating play:** can include outdoor time
- **Solids and milk feed:** By this age the dominant food should be solids and not milk but it is still fine to give milk at this hour and drop it when your baby is older.
- **Bath time:** your baby should start to become relaxed at this point of the early evening.
- **Bedtime:** Any time between this timeframe is an appropriate time to put your baby to sleep for bedtime. If your baby has not had a good amount of daytime sleep then it's better to put your baby down earlier than rather later to avoid overtiredness.