

3 - 5 MONTHS DAILY ROUTINE

MORNING

TIME	ACTIVITY	INFO
7:00 am	Wake up	Milk feed
8:00 am	Feed	Solids *
8:30 am	Nap	2 hours
10:30 am	Play	Stimulating *
11:00 am	Feed	Milk feed
11:30 am	Play	
12:00 pm	Feed	Solids *

MIDDAY – EVENING

12:30 pm	Nap	2 hours
2.30 pm	Play	Stimulating
3:00 pm	Feed	Milk feed
3.45pm	Nap	1 hour
5:00 pm	Meal	Solids *
5:30 pm	Bath	Wind down time *
6:00 pm	Feed	Milk feed
6:00 - 7:00pm	Bedtime	Between this timeframe *

- **Solids:** this is only relevant if your baby has started solids. If not omit.
- **Stimulating play** can include outdoor time
- **Wind down time:** your baby should start to become relaxed at this point of the early evening.
- **Between this time frame:** 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.