

6 - 8 MONTHS DAILY ROUTINE

MORNING

TIME	ACTIVITY	INFO
7:00 am	Wake up	Milk feed
8:00 am	Feed	Solids *
8:30 am	Nap	1.5 hours
10:00 am	Play time	Stimulating
11:00 am	Feed	Milk feed
12:00pm	Feed	Solids *
12:30 pm	Nap	1.5 hours

MIDDAY – EVENING

2:00pm	Play	Stimulating
3:00 pm	Feed	Milk feed
4:00	Nap	½ an hour
5:00 pm	Meal	Solids *
5:30 pm	Bath	Don't make it too stimulating. *
6:00 pm	Feed	Milk feed
6:30 - 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
- **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.