

9 - 12 MONTHS DAILY ROUTINE

MORNING

TIME	ACTIVITY	INFO
7:00 am	Wake up	Milk feed
8:00 am	Feed	Solids *
8.30am	Play	Stimulating *
10.30am	Nap	1.5 - 2 hours *
12.00pm	Feed	Solids *
12:30pm	Feed	Milk feed
1:00pm	Play	Stimulating *

MIDDAY – EVENING

3:00 pm	Nap	1.5 hours
4:30pm	Play	Quiet play *
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 *

- **Solids:** This is only relevant if your baby has started solids. If not omit.
- **Stimulating play:** can include outdoor time
- **Nap:** At this age your baby should be sleeping between 3- 3.5 hours during the day.
- **Quiet play:** Your baby should be calming down at this point getting ready for dinner.
- **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.