



daily routines



4 - 10 months

Babies are all very different.
These routines are a guide only.

Tresillian 24 hr Parents Help Line
(02) 9787 0855
or 1800 637 357
(Freecall outside the Sydney Metropolitan area)
www.tresillian.net

Speak to a Tresillian Child & Family Health Nurse
on-line at ninemsn.com.au/messengermums or
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Sleep = according to tired signs

4 – 6 months	
Early morning (5-7am)	Milk feed on waking Sleep
Mid morning (9-11am)	Milk Play Sleep Play (optional)
Midday (1-3pm)	Milk Play Sleep Play (optional)
Evening (5-7pm)	Milk Bath Quiet time Sleep
9-11pm	Milk
2-3am (optional)	Milk

Some babies may be ready for the gradual introduction of solids.
Milk = breast/bottle



daily routines

4 - 10 months

Sleep = according to tired signs

6 – 8 months	
Early morning (5-7am)	Milk feed on waking May return to sleep
Breakfast (7-9am)	Food Milk feed (optional) Play Sleep Play
Lunch (11.30-1pm)	Food Milk feed Play Sleep
Mid Afternoon	Water Play Short sleep (wake by approx. 4.30pm)
Dinner (5-6.30pm)	Food Bath Milk feed Quiet time Sleep

Optional evening milk feed prior to midnight.
Baby is ready for the gradual introduction to solids.
Milk = breast/bottle/cup

Sleep = according to tired signs

8 – 10 months	
Early morning (6am)	Milk feed on waking or after breakfast
Breakfast (7-8.30am)	Food Milk feed (if not given at 6am) play Sleep
Mid morning (if awake)	Water/snack optional
Lunch (11.30-1pm)	Food milk feed play Sleep
Mid Afternoon (if awake)	Water/optional play Short sleep if needed (wake by approx. 4pm)
Dinner (5-6.30pm)	Food Bath Milk feed Quiet time Sleep (6.30-7.30pm)

Baby is ready to have solids up to 3 times a day.
Milk = breast/bottle/cup