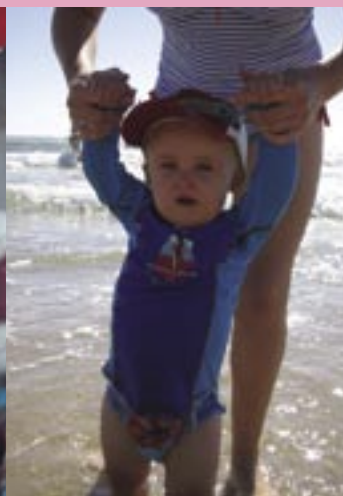




daily routines



10 - 18 months

Babies and toddlers 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 visit our website at www.tresillian.net

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Sleep = according to tired signs

10 - 14 months	
Early morning	Water on waking
Breakfast (7-9am)	Food Milk Play
Mid morning	Option of snack/water/diluted juice
Lunch (11.30-1pm)	Food Milk Play Sleep
Mid Afternoon	Snack Water/diluted juice
Dinner (5-6.30pm)	Food Bath Milk Quiet time Bed (7-7.30pm)

Continue with 2 day sleeps until your baby is approximately 14-18 months old.

Milk = breast/bottle/cup



daily routines

10 - 18 months

Sleep = according to tired signs

14 – 18 months	
Early morning	Water on waking (optional)
Breakfast (7-8.30am)	Food Milk Play
Mid morning	Option of snack/water Play
Lunch (11.30-1pm)	Food Milk Play Sleep
Mid Afternoon	Snack Water
Dinner (5-6.30pm)	Food Bath Milk Quiet time Bed (7-7.30pm)

Milk = breast/bottle/cup