



SIX TO NINE MONTHS

Between six and nine months of age, babies should ideally be sleeping 10 to 12 hours a night and be reducing daytime sleeps to two sleeps a day for about one and a half to two hours each. Babies of this age can be awake for 2 ½ to 3 hours at a time during the day.

Eating well is vitally important for routine and sleeping, and babies can now start to be introduced to solids working up to eating three meals a day plus morning and afternoon tea snacks, and be reducing their milk feeds to three or four per day.

Routine and ritual is also a very important part of your children's lives. Routine and ritual enable a child to understand what's coming next, what they can expect and what is expected of them. It helps them make better sense of the world around them. So be very conscious of the routine and ritual that makes up your's and your child's life and if you don't have a routine as yet, it is a great time to start one.

This routine is based on a baby waking for the day at 6.30/7am. If your baby wakes at 6am to start the day then things may move back by 30 minutes.

24 HOUR IDEAL ROUTINE

Early morning wake

Anytime from

4.30 – 5.30am Bottle/breast feed then back to sleep.

(If baby sleeps through this then it okay to give the bottle at 6/6.30 and then give breakfast anytime after 7am)

7 – 8am(ish) **Breakfast**

This can include: WeetBix/Porridge/Baby cereal/Stewed fruit/yoghurt

Bottle/breast feed – give this at least 45 minutes after breakfast.

9am – 11(ish) Morning Sleep

11am Bottle/breast feed. When the baby has woken from their morning sleep, keep them up for about 15 minutes or so before offering them a feed so they don't associate waking up with being fed.

12 – 1pm **Lunch**

This can include: pureed vegetables, stewed fruit, yoghurt.

1.30ish – 3pm Afternoon sleep.

3.30pm – 4.30 Bottle/breast feed

*Some babies between 6 and 9 months need a milk feed around this time while they are getting used to this new routine. This can be stopped by 9 months.



5pm – 5.30pm **Dinner**

This can include: mashed banana, mashed avocado, pureed vegetables, rice cereal, ricotta cheese and stewed fruit/yogurt or baby dessert.

6pm Bath time.

6.30pm Bottle/breast feed.

Bedtime

Bedtime ritual must always be the same.