

6 MONTH OLD DAILY ROUTINE BABY NAPS TWICE DAILY

7:00 WAKE, MILK

7:45 SOLIDS

8:15 PLAY

9:00 MORNING NAP

11:00 WAKE, MILK

12:00 SOLIDS

12:45 PLAY

1:30 AFTERNOON NAP

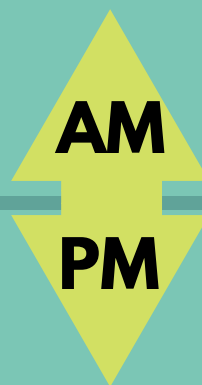
3:30 WAKE, MILK

5:00 SET THE SCENE FOR RELAXATION

5:30 DINNER, BATH

6:00 PEACEFUL NIGHTLY RITUAL, TOP-UP FEED

6:30-7 ASLEEP



** activities in white are by-the-clock events.
Keep these on a fixed schedule.*

TIPS

- Milk & solids can be combined or staggered depending on baby's preference.
- On-demand breastfeeders do not need to follow a feeding schedule like this one.
- If baby isn't yet into solids, offer more milk throughout the day.