

## 6 MONTH OLD DAILY ROUTINE BABY NAPS 3 X / DAY

**7:00** WAKE, MILK

**7:45** SOLIDS

**8:15** PLAY

**9:00** MORNING NAP

**10:00** BABY WAKES, MILK

**11:00** SOLIDS

**11:45** PLAY

**12:15** AFTERNOON NAP

**1:30** BABY WAKES, MILK, SOLIDS

**3:00** PLAY

**4:00** CAT NAP (30 MINS)

**5:45** SET THE SCENE FOR RELAXATION

**6:00** DINNER, BATH

**6:45** PEACEFUL NIGHTLY RITUAL, TOP-UP FEED

**7:15** ASLEEP



*\* activities in blue 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.