

Good day 4 baby - routines

At first your baby likes to sleep and feed. All babies like to be held close and cuddled. Being close to Mum is very important. Babies are happy when life is predictable – have a routine for feeding and sleeping.

Typical day – around 7 months

5 - 6am	Wakes and has breast/bottle feed (180-240 ml)	12.30pm	Breast/bottle feed
6.30am	Short sleep or play	1 - 1.30pm	Play
8am	Breakfast (cereal, fruit, yoghurt, toast fingers)	1.30 - 4pm	Settle and sleep
8.30am	Breast/bottle feed	4pm	Dinner e.g chopped chicken/fish/meat with vegies, custard and fruit
9 - 11am	Settle and sleep	6pm	Bath, settle (try a quiet story or song)
11am	Water/diluted juice and a play	7pm	Breast/bottle feed
12 noon	Lunch e.g. pasta, rice and vegies	8pm - 6am	Sleep about 10 hours

From about six months babies still need two day sleeps. Make it a calm time of the day for you and for baby.

Feeding

From about six months most babies have four milk feeds and 2-3 solid meals a day. If your baby hasn't started on solids, start with something easy like baby rice, mashed avocado or mashed banana. Babies need to learn how to chew.

Drinking

Try giving baby a two handled cup with a spout with cooled boiled water or half water/half juice. Milk is still an important drink for baby.

Good steps for baby

Between 3-9 months baby will start to smile a lot, reach out and grab things, hold and shake a rattle, make sounds and 'talk', roll over from front to back, push up and then sit up. Baby will also begin to say short words like 'mama' and 'dada'.



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Play, talk, laugh and sing with your baby.

Good day 4 toddler - routines

Your toddler is growing up fast and learning new things everyday. They can say more words, ask more questions. They are also learning to be independent and can be a bit bossy.

Typical day for toddler

6 - 8am	Wakes. Breakfast (cereal, toast, fruit, yoghurt), brush teeth and play	12.30pm	Sleep
9.30 - 10am	Morning tea (fruit, rice crackers, cheese stick)	3 - 3.30pm	Afternoon tea (fruit, pikelet with jam, glass of milk)
10 - 11.30am	Play (park, playgroup, helping mum or dad)	4pm	Play
12 - 2pm	Lunch (sandwiches, pasta, spaghetti, wraps, salad)	5.30pm	Dinner
		6pm	Bath
		7pm	Brush teeth, quiet time (story, soft music)
		7.30pm	Bedtime

Tantrums

Toddlers don't understand sharing or waiting. Now is the time to help them understand how to take turns and how to share. If your child is having a tantrum, make sure they are safe. Stay calm. Manage the behaviour if you can – walk away if you need to but make sure they are safe. If the tantrum continues, you may need to pick them up gently and take them to their room. Don't give in to what the tantrum was about!

Bedtime

Establish a good bedtime routine. Keep it the same – brush teeth, a quiet story, cuddle and dim the lights. If they wake in the night, wait to see if they resetttle. If not, give comfort briefly and leave. If your toddler won't stay in bed, keep taking them back. Be firm and explain that this is where they sleep.

Eating

Encourage your toddler to sit at the table with the family. Teach them 'please' and 'thank you' and set the example yourself. Keep meals at a regular time. Make the plate interesting with different, bright coloured food (orange carrots, green beans, yellow corn). Use some finger food but encourage toddler to use their spoon and fork too!

Spent time with your toddler – play and talk with them.

