

# daily routines



## 0 - 6 months

**Babies are all very different.  
These routines are a guide only.**

Tresillian Parent's Help Line  
**(02) 9787 0855**  
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Your child is strongly influenced by the environment, daily activities and routines. A predictable routine (sequence of activities) including a wind down period (for example, meal, bath, story time, brief cuddle and kiss, and into the cot) helps your child establish good sleep patterns.

The feed, play, sleep routine is the core structure of a baby's day at any age. As your baby matures, day playtime increases and night patterns continue but without playtime.

Your baby is unique therefore their need for sleep and the time of waking varies. The following routines are a guide only as your baby's needs and tired signs/cues for sleep may vary from the examples below.

Some days things will go smoothly but illness, disruption to the family environment and/or extra busy days out can all affect your baby's routine.



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### **0 – 3 MONTHS**

In the early weeks, you are getting to know your baby as your baby engages in activities – such as feeding, sleeping, listening and focusing, moving and vocalising. Feeding is an essential task which also provides you with an opportunity to interact. In the early days babies need a minimum of 6 – 8 feeds in a 24 hour period. This includes overnight feeding.

**REMEMBER:** Although a sleep between each feed is ideal, babies of this age often have long crying periods and may not settle between feeds. If this occurs, other settling strategies may be useful. Refer to settling tip sheets.



# daily routines

## 3 - 6 months

**REMEMBER:** it takes time for your baby to develop a predictable routine. This can be a fun time as your child develops new skills such as exploring their world. As your baby becomes more mobile it is important to ensure your home and play areas are safe.

Babies become more predictable in their routine by 3 to 4 months. **From 3-4 months** most babies know the difference between day and night. They generally settle well overnight but may still need 1-2 milk feeds.

Awake time is becoming longer. Time spent playing with and talking to your baby is very important for their development.

Some ideas for interacting during awake/play time include:

- Tummy time (floor play)
- Using rattles and soft toys
- Taking baby for a walk in the pram
- Telling stories using soft books
- Having a relaxing bath time or baby massage
- Singing songs or playing music
- Visiting friends

Sleep times can vary, with some having three longer sleeps per day and others needing only short naps. If your baby is generally alert and happy your baby is probably getting enough sleep

Some examples of activities that you can do with your baby at this age include smiling, talking, singing, reading, cuddling your baby, and tummy time.

**By 6 months** your baby can commence taking solid foods. It is also a good time to commence feeding your baby cooled boiled water from a cup.

Some ideas for interacting during awake/play time include:

- Floor play
- Playing music and singing songs
- Reading stories or singing nursery rhymes
- Playing finger or toe games
- Providing toys – that move, make sound, are colourful and vary in texture
- Giving lots of cuddles
- Visiting friends/local park/play groups

**REMEMBER:** all babies are different. Modify the routine to match your baby's needs for sleep.

3-6 MONTHS	
Early Morning	Milk feed May return to sleep Or have some play time
SLEEP	
Mid morning Awake time 1 1/2 to 2 hours	Milk feed Play
SLEEP	
Lunchtime Awake time 1 1/2 to 2hrs	Milk feed Play
SLEEP	
Mid afternoon Awake time 1 1/2 to 2hrs	Milk feed Play
SLEEP May only require a short nap	
Evening	Milk feed Bath Quiet time Cuddle
Settle for night SLEEP 1-2 milk feeds may be needed overnight	

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\*Always read the label. Use only as directed. If symptoms persist, see a healthcare professional.

**For further assistance:**

- Visit either your local child and family health nurse or doctor
- Call Tresillian Parent's Help Line on (02) 9787 0855 or 1800 637 357 (Freecall outside Sydney)
- Contact a Tresillian Nurse on-line at [Tresillian Live Advice](https://www.tresillian.net) by visiting our website at [www.tresillian.net](https://www.tresillian.net)