



Routines provide babies with stability. They also bring order into your home and organize your baby's caregivers. For baby to thrive, schedule time for naps, playtime and family activities.

7:00 am	Milk
8:00 am	Breakfast
10:00 am	Fruit
11:00 am	Morning Nap (at least 1 hour)
12:30 pm	Lunch
2:00 pm	Early Afternoon Nap (at least 1 hour)
3:00 pm	Milk
4:30 pm	Porridge or other snack
7:00 pm	Dinner
8:00 pm	Bath Time and Begin bedtime routine
<b>1 NIGHT TIME FEED IF NEEDED</b>	