



**REMEMBER** - All babies are different and it takes time to develop routine activities. It is always OK to make changes to feeding times, play and sleep to fit in with your baby's **cues**. If your baby is happy and interactive during wake times, your baby has probably had enough sleep. This can be a fun time, as your child develops new skills such as crawling and exploring their world. As your baby becomes more mobile make sure that your home and play areas are safe.

My baby's cues that say I may need a break

My baby's cues that say "I'm interested"



**Tresillian Day and Residential Services support families experiencing a range of early parenting challenges including:**

- Sleep and settling difficulties
- Adjustment to parenthood
  - Breastfeeding
  - Infant nutrition
  - Toddler behaviour
  - Multiple babies
- Emotional and psychological health & wellbeing
  - Postnatal depression and anxiety

**For Parenting Support or to Self Refer to a Tresillian Service call:**

Tresillian Parent's Help Line  
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**1300 272 736**

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**tresillian.org.au**

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# Daily Activities

Your baby's clock is set by the environment and regular daily activities and their interactions with you.



6 - 8 Months



TO BE USED AS A GUIDE ONLY

## What to expect from your baby at 6 - 8 months

Your baby's feed, play, sleep cycle is the basic structure of a their day. Routine activities, including a wind down period before sleep time helps them establish good sleep patterns. All babies have varied sleep needs and therefore the following is a guide only that you can use and adapt to your own baby's individual needs.

During this 6 - 8 month transition time your baby is starting to:

- Be more active
- Stay awake longer
- Take a greater interest in what is happening around them
- Move from 3 sleeps to 2 sleeps a day
- May progress from milk before solids to milk after solids
- Show more emotions
- Take cooled boiled water from a cup

Some age appropriate activities include:

- Giving lots of cuddles
- Visiting friends/local park/play groups
- Music/singing/nursery rhymes/story time
- Finger/toe games
- Toys – that move, make sound, are colourful and vary in texture
- Describing to them what they are doing
- Reading books, touching and looking at the pictures
- Pulling toys by a string
- Squeaking toys

	Daily Activities 6 - 8 Months	Baby's individual activity Plan
<b>FEED</b>	<b>Early Morning (sunrise)</b> Milk feed May return to sleep Or get up to start the day	
<b>FEED</b>	<b>Breakfast</b> Milk feed Solids	
<b>PLAY</b>	Play Awake time is generally 2 - 3 hours; be guided by your baby's cues	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b>	<b>Lunchtime</b> Milk feed Solids, drink of water	
<b>PLAY</b>	Play Maybe a snack depending on how solids is progressing	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b>	<b>Snack</b> if appropriate (some older babies are already enjoying 3 meals and are ready for afternoon tea once they wake or prefer dinner at this time) Drink of water	
<b>PLAY</b>	Play	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b> <b>May only require a short nap</b>	
<b>FEED</b>	<b>Dinner</b> Milk feed Solids, drink of water	
<b>QUIET TIME</b>	Bath Quiet time (activity depends on family's routine) Cuddle	
<b>SLEEP</b>	<b>Settle for night &gt; SLEEP</b> <b>Baby may still wake for feeds overnight</b>	