



Tresillian®

It's in our nature to nurture

Daily Activities

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



6 - 8 Months

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

TO BE USED AS A GUIDE ONLY

Daily Activities 6 - 8 Months

FEED

Early Morning (sunrise)

Milk feed
May return to sleep
Or get up to start the day

FEED

Breakfast

Milk feed
Solids

PLAY

Play
Awake time is generally 2 - 3 hours; be guided by your baby's cues

SLEEP

Responding to your baby's tired cues > SLEEP

FEED

Lunchtime

Milk feed
Solids, drink of water

PLAY

Play
Maybe a snack depending on how solids is progressing

SLEEP

Responding to your baby's tired cues > SLEEP

FEED

Snack 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

PLAY

Play

SLEEP

Responding to your baby's tired cues > SLEEP

May only require a short nap

FEED

Dinner

Milk feed
Solids, drink of water
Bath

QUIET TIME

Quiet time (activity depends on family's routine)
Cuddle

SLEEP

Settle for night > SLEEP

Baby may still wake for feeds overnight



Baby's individual activity Plan



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"



**Our friendly team at
Tresillian are here to
support your family!**

Book a visit to Tresillian:

Visit tresillian.org.au, fill in the short online contact form and one of our Nurses will call you back



Ask your local Health Professional, Child & Family Health Nurse, GP or early parenting support service to refer you and your child



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



JUNE 24_4087 v2



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander People as the First Peoples of Australia, the Traditional Owners and Custodians of the land in the countries on which we live and work in NSW, the ACT and Victoria. We pay our respects to Aboriginal and Torres Strait Islander Elders past and present and acknowledge all Aboriginal and Torres Strait Islander people living in the communities we serve.

