

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
QUIET TIME	Bath 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

A vertical dotted line on the left side of the page indicates the start of the writing area. The page contains five horizontal light green bars, each serving as a line for writing. The bars are positioned at approximately 36%, 51%, 59%, 66%, and 75% of the page height.



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"

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
NSW/ACT FREECALL 1300 272 736
Tasmania FREECALL 1300 827 282



Proud Supporters
of Tresillian

The advertisement features a baby's face on the right and a pack of Curash Simply Water baby wipes on the left. The background is light blue with white water droplets. The text 'The No Worries Wipe' is prominently displayed in large blue font. The Curash logo is in the top right corner. Below the wipe pack, the text 'Tested. Trusted. Loved' is written in blue.

The No Worries Wipe

Curash BABY SKINCARE EXPERTS

Curash Simply Water

99% WATER
Suitable for newborns
0% Soap, Alcohol, Fragrance
BO Free & Gentle Baby Wipes

Tested. Trusted. Loved



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 . 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.

