Tresillian®

It's in our nature to nurture

Daily Activities

By eight months your baby may have moved to two day time sleeps.

8 - 14 Months

8 - 14 months

By eight months your baby may be having only two daytime sleeps. If your baby becomes tired late in the afternoon, you may need to add a third short sleep. As your baby gets older often around 14 months he/she will move to only one sleep per day. Be guided by their cues to let you know when.

Your baby may still be night waking or even start to wake at night – this may be due to separation anxiety which is a normal developmental behaviour for this age. If this happens, reassure your baby and try to re-settle with minimal fuss.

At this age your baby will like exploring and enjoying a variety of finger foods. They are now more mobile and inquisitive about their environment. It is very important that your home environment is safe.

Some ideas for interacting during play time include:

- Playing music, singing, dancing, nursery rhymes, reading stories, pointing to pictures and things
- Visiting friends, local parks and play groups
- Playing stacking games
- Playing with toys – that move, make sound, are colourful and vary in texture
- Using pulling and pushing toys
- Talking about what you are doing together.

Be guided by your baby's progression with solids and cues when deciding to offer milk feed or solids first. If your baby is taking 3 small meals a day you may like to offer solids first. Some babies have made this change during the 6 - 8 month period, other babies change to solids before a milk feed at a later age.

TO BE USED AS A GUIDE ONLY

Daily Activities 8 - 14 months
More than 1 Day Sleep

Breakfast
Solids
Milk feed
Play
Snack if appropriate e.g. fruit
Drink of water

Responding to your baby's tired cues > SLEEP

Lunchtime
Solids
Milk feed
Play

Responding to your baby's tired cues > SLEEP

Snack if appropriate e.g. fruit
Drink of water from a cup
Play

Responding to your baby's tired cues > SLEEP
Some babies may require a short third sleep at the end of the day

Dinner
Solids
Milk feed
Bath
Quiet time
Cuddle
(Activities chosen will depend on your family's routine.)

Settle for night > SLEEP
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 awake times, your baby has probably had enough sleep.

What my baby likes doing

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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

Curash BABY SKINCARE EXPERTS

Proud Supporters of Tresillian

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.

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