



Tresillian®

It's in our nature to nurture



6-8 Months

Daily Activities

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

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
FEED	<p>Early Morning (sunrise) Milk feed May return to sleep Or get up to start the day</p>	
FEED	<p>Breakfast Milk feed Solids</p>	
PLAY	<p>Play Awake time is generally 2 - 3 hours; be guided by your baby's cues</p>	
SLEEP	Responding to your baby's tired cues > SLEEP	
FEED	<p>Lunchtime Milk feed Solids, drink of water</p>	
PLAY	<p>Play Maybe a snack depending on how solids is progressing</p>	
SLEEP	Responding to your baby's tired cues > SLEEP	
FEED	<p>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</p>	
PLAY	<p>Play</p>	
SLEEP	Responding to your baby's tired cues > SLEEP May only require a short nap	
FEED	<p>Dinner Milk feed Solids, drink of water Bath</p>	
QUIET TIME	<p>Quiet time (activity depends on family's routine) Cuddle</p>	
SLEEP	Settle for night > SLEEP Baby may still wake for feeds overnight	

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"



Call us for parenting advice or
to ask about self-referral

Tresillian Parent's Help Line
FREECALL 1300 272 736

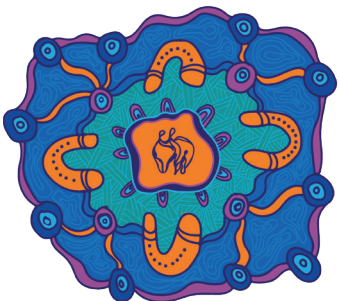
Open 7 Days, 7am - 11pm



FREE ACCESS
SleepWellBaby App
Powered by Tresillian
www.sleepwellbaby.io



tresillian.org.au



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

Copyright©

All rights reserved. No part of this work may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, except as may be permitted, in writing by Tresillian.