

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



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

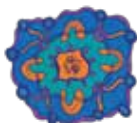


Tresillian Parent's Help Line
FREECALL 1300 272 736

In Tasmania
FREECALL 1300 827 282
1300 TAS BUB



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Acknowledgement of Country

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