

A close-up photograph of a baby being fed by a woman. The baby, with light brown hair, is wearing a white long-sleeved shirt with a green zigzag pattern and blue and white striped pants. The woman, with blonde hair, is wearing a green dress with a white floral pattern. She is holding a clear plastic bottle with a white cap to the baby's mouth. The baby's hands are on the bottle. The woman's left hand is resting on the baby's leg. The background is a plain, light-colored wall.

& Sleep School

by THE PARENT & BABY COACH

6 Month Routine



At this age, your baby starts to be awake for a bit longer between each nap. They still need the afternoon nap to get them through to bedtime without getting overtired, which will stop them waking up early in the morning. Awake time is 2-2.5 hours depending on the time of day, later in the day it increases but in the early morning is more likely to be just 2 hours still.

7am	WAKE AND FEED Milk feed.
	AWAKE TIME
8am	BREAKFAST - SOLIDS
9/9.15am	SLEEP (45-60 MINUTES) Cut to 45 minutes if you find lunch time nap difficult to achieve.
10.30/11am	MILK FEED
	AWAKE TIME
11.30am	LUNCH - SOLIDS Small top-up milk feed after solids is ok but not necessary.
12-2/2.30pm	SLEEP (1.5-2.5 HOURS)
2.30/3pm	MILK FEED
	AWAKE TIME
Before 5pm	CAT NAP (30 MAX)
5pm	DINNER - SOLIDS
	PLAYTIME AND BATH TIME
6.15/6.30pm	MILK FEED
	BEDTIME ROUTINE Story / song / sleeping bag / sleepy time sentence.
6.30/7pm	BED Time dependant on how long they have been awake since their cat nap.
Night feeds	One night feed either as a dreamfeed OR one night feed when waking which is able to reduce to no night feeds when established onto three solid meals a day.

Thank you so much for purchasing this routine from Heidi, The Parent and Baby Coach. With over 15 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Heidi is thrilled to share her expertise with you. If you would like to find out more about working 1-1 with her or attending her workshops (both in London or available online), please visit her website: www.theparentandbabycoach.com

As you can imagine, professionalism and discretion are key to Heidi and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted and more support is always available, by request. Best of luck with your baby's routine; it's such an exciting time to spend with your little one.