

6 Month Old

Daily Schedule

6.30am - 7am

Wake Up & Feed!

1.30pm

Play / Go For A Walk

7.30am

Feed On Solids If Ready

3pm

Nap Time

8am

Play In Crib/Play Gym

3.30pm

Wake Up & Feed

9am

Nap Time

4pm

Play Time

10am

Wake Up & Feed

5pm

Feed On Solids

10.30am

Play Time

6.30pm

Bedtime Routine
(Bath, Book, Feed, Bed)

12pm

Nap Time

10.30-11pm

Dream Feed

1pm

Wake Up & Feed

**At Least 1 Night Feed
To Be Expected**