

One Meal Progressing to Three Meals a Day

| Plan | Early Morning | Nap | Breakfast | Nap | Early Afternoon | Nap | Early evening (dinner) | Bedtime routine |
|----------------------------|---------------|-----|--|-----|------------------------------------|-----|--|--|
| One Meal a Day (breakfast) | Milk | | Cereal mixed with milk. Offer milk after meal* | | Milk | | Milk | After dinner, 1. Bath 2. Dressed 3. Read, one story 4. Top up bottle – let them drink as much as they want 5. Clean teeth 6. Sleeping bag 7. Into bed awake or semi awake |
| One Meal a Day (Dinner) | Milk | | Milk | | Milk | | Cereal mixed with milk. Offer milk after meal* | |
| Two meals a Day | Milk | | Cereal mixed with milk. Offer milk after meal* | | Milk | | Cereal mixed with milk. Offer milk after meal* | |
| Three meals a Day | Milk | | Cereal mixed with milk. Offer milk after meal* | | Vegetables. Offer milk after meal* | | Cereal mixed with milk. Offer milk after meal* | |

The information given in this chart should be treated as a guideline only.
 Every baby is unique so her/his individual needs and your lifestyle should be taken into account when establishing a desired routine.

* Optional when to offer milk – see my guideline on 'Introducing Solids'.