

General Guidelines for Toddlers – (2 naps per day)

Sleep, Play and Feeding Routines

Time	Routine	
7.00am - 7.30am	Breakfast	Oatmeal/Muesli/Weetbix/Toast After breakfast is finished, offer a milk feed Follow by playtime Avoid additional sugar/fruit with cereal and read boxes to see what sugar and salt content the cereals have
9.45am – 10.15am	Morning tea	Morning tea before going for nap – offer milk feed
10.00am – 10.30am	Nap (1 ½ hours minimum)	Minimum 1 ½ hours resettle if wakes before this
Noon - 12.30pm	Lunch	Plenty of play until lunch time Serve vegetables and protein offer milk feed or sips of water Playtime
2.15pm – 2.45pm	Afternoon tea	Afternoon tea before going for nap – offer milk feed
2.30pm – 3.00pm	Nap (1 ½ hours minimum)	Minimum 1 ½ hours resettle if wakes before this Plenty of play until dinner time
4.45pm – 5.00pm	Dinner	Main meal of the day – vegetables and protein offer milk with meal Avoid additional animal fats and salts with food
6.45pm to 7.00pm	Bed	Toddler should sleep through the night

Routine is based on being up for 3 hours and napping for 1 ½ hours.