

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'.