

# Option One

## Three Meals a Day – Starting with milk feed aged 5 to 8 months plus

Age (approx)	Wakes	Early Morning	Top Up	Nap	Breakfast	Morning Tea	Nap	Lunch	Afternoon Tea	Nap or Cat Nap	Dinner	Bedtime Routine	Night Time
5 months	5.45 - 6.45am	6am - 7am Milk	Optional for breast fed babies 15 to 20 minutes before nap time	7.45 - 8.45am	9.25 - 10.25am Cereal with milk	Offer full milk feed	11.15 - 12.15pm	12.55 - 1.55pm Vegetables and milk	Offer full milk feed	2.45 - 3.45pm	4.25 - 5.25pm Cereal with milk	After dinner, 1. Bath 2. Dressed 3. Read story or stories 4. Top up feed – let them drink as much as they want 5. Clean teeth 6. Sleeping bag 7. Into bed awake or semi awake	Maximum 1 night feed always try resettle before feeding
5 months – awake time is approximately 2 hours													
7 months	6.00 - 6.30am	6.15 - 6.45am	Optional for breast fed babies 15 to 20 minutes before nap time	8.30 - 9.00am	10.15 - 10.45am Cereal with milk. Offer finger food e.g. toast or rusk	Offer full milk feed	12.30 - 1.00pm	2.15 - 2.45pm Vegetables and milk (option sips of water). Offer finger food same as the puree or mash	Offer full milk feed	Cat nap - 45 mins max 4.30 - 5.00pm	5.30 - 6.30pm Cereal with vegetables and milk. Offer finger food same as the puree or mash		Night feeds are not necessary. If baby wakes then attempt to do full resettle before feeding. Feed for hunger not comfort
7 months – awake time is approximately 2.5 hours													
8 months plus	6.30 - 7.00am	No milk feed required			7am - 7.30am Cereal with fruit and milk plus finger food. Offer milk in a sipper cup or lid of feeding bottle	Offer full milk feed	10.00 - 10.30am	12 - 12.30pm Vegetables with protein. Offer sips of water or milk. Offer finger food same as purée or mash	Offer full milk feed	3.00 - 3.30pm	5.00 - 5.30pm Vegetables with good carbohydrate base and milk. Plus finger food same as purée or mash		Resettle during night. If you do feed, do it for hunger not comfort
8 months plus – awake time is approximately 3 - 3.5 hours													

**Naps** are based on a minimum of 1 ½ hours but can also be longer. If longer than you need to adjust the time frames for the rest of the day. Also having longer naps will either mean they will have a cat nap for their third nap or drop this nap altogether.

**Meal times** - Can wait up to 15 minutes plus once they have woken before offering food.

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.