

Option Two

Three Meals a Day – Starting with Breakfast aged 5 to 8 months plus

Age (approx)	Wakes	Breakfast	Morning Tea	Nap	Milk Feed or Lunch (optional to do either)	Top-Up	Nap	Milk Feed or Lunch (optional to do either)	Cat Nap	Dinner	Bedtime Routine	Night Time
5 months	6.30 - 7.00am	6.40 - 7.10am Cereal with milk + milk feed when they leave highchair	8.15am - 8.45am Offer full milk feed 15 to 30 minutes before nap	8.30 - 9.00am	10.15 - 10.45am 1. Full milk feed OR 2. Vegetables + milk feed when they leave highchair	11.45am - 12pm offer full milk feed 15 to 20 minutes before nap	12.00 - 12.30pm	1.45 - 2.15pm 1. Full milk feed OR 2. Vegetables + milk feed when they leave highchair	Yes – ideally no longer than 45 minutes	4.30pm - 4.45pm Cereal with milk + milk feed	After dinner, 1. Bath 2. Dressed 3. Read story or stories 4. Top up feed – let them drink as much as they want	Maximum 1 night feed always try to settle before feeding
5 months – awake time is approximately 2 hours • Can wait from 5 to 15 minutes for feed after waking												
7 months	6.30 - 7.00am	6.45 - 7.15am Cereal with milk. Offer finger food e.g. toast or rusk + milk feed when they leave highchair	8.45am - 9.15am Offer full milk feed 15 to 30 minutes before nap	9.00 - 9.30am	10.45 - 11.15am Vegetables and milk (option sips of water). Offer finger food same as the puree or mash	12.45pm - 1.15pm offer full milk feed 15 to 20 minutes before nap	1.00 - 1.30pm	2.45 - 3.00pm Vegetables and milk (option sips of water). Offer finger food same as the puree or mash	Yes – ideally no longer than 45 minutes	5.15pm - 5.45pm Cereal with vegetables and milk. Offer finger food same as the puree or mash + milk feed	5. Clean teeth 6. Sleeping bag 7. Into bed awake or semi awake	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 • Can wait from 15 to 30 minutes for feed after waking												
8 months plus	6.30 - 7.00am	7.00 - 7.30am Cereal with fruit and milk plus finger food. Offer milk in a sipper cup or lid of feeding bottle + milk feed when they leave highchair	9.45am - 10.15am Offer full milk feed 15 to 30 minutes before nap	10.00 - 10.30am	12.00 - 12.30pm Vegetables with protein. Offer sips of water or milk. Offer finger food same as purée or mash	2.45pm - 3.15pm (awake time is approx 3 - 3.5hrs) offer full milk feed 15 to 20 minutes before nap	3.00 - 3.30pm	Afternoon Tea Milk		5pm - 5.30pm Vegetables with good carbohydrate base and milk. Plus finger food same as purée or mash + milk feed		Resettle during night. If you do feed, do it for hunger not comfort
8 months plus – awake time is approximately 3 - 3.5 hours • Can wait 30 minutes plus for feed after waking												

Naps are based on a minimum of 1 ½ hours but can also be longer. If longer then 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.

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.