

General Guidelines for Toddlers – (1 naps per day)

Sleep, Play and Feeding Routines

Time	Routine	
7.00am to 7.30am	Breakfast	Oatmeal/Muesli/Weetbix/Toast After breakfast is finished, offer a milk feed Follow by playtime
10.00am to 10.15am	Morning Tea	
Noon to 1.00pm	Lunch	Quick, age-appropriate meal, served with milk
1.30pm to 3.30pm	Nap	
	Afternoon Tea (optional)	Offer small snack and water when toddler wakes Plenty of play until dinner time
4.45pm to 5.15pm	Dinner	Serve main meal with vegetables, afterwards offering milk feed Bath
6.45pm to 7.00pm	Bed	Toddler should sleep through the night