



8-14 Months

Daily Activities

By eight months your baby may have moved to two day time sleeps.

8 - 14 months

By eight months your baby may be having only two daytime sleeps. If your baby becomes tired late in the afternoon, you may need to add a third short sleep. As your baby gets older often around 14 months he/she will move to only one sleep per day. Be guided by their cues to let you know when.

Your baby may still be night waking or even start to wake at night – this may be due to separation anxiety which is a normal developmental behaviour for this age. If this happens, reassure your baby and try to re-settle with minimal fuss.

At this age your baby will like exploring and enjoying a variety of finger foods. They are now more mobile and inquisitive about their environment. It is very important that your home environment is safe.

Some ideas for interacting during play time include:

- Playing music, singing, dancing, nursery rhymes, reading stories, pointing to pictures and things
- Visiting friends, local parks and play groups
- Playing stacking games
- Playing with toys – that move, make sound, are colourful and vary in texture
- Using pulling and pushing toys
- Talking about what you are doing together.

Be guided by your baby's progression with solids and cues when deciding to offer milk feed or solids first. If your baby is taking 3 small meals a day you may like to offer solids first. Some babies have made this change during the 6 - 8 month period, other babies change to solids before a milk feed at a later age.

Daily Activities 8 - 14 months
More than 1 Day Sleep

Baby's individual activity Plan

Breakfast

Solids

Milk feed

Play

Snack if appropriate e.g. fruit

Drink of water

Responding to your baby's tired cues > SLEEP

Lunchtime

Solids

Milk feed

Play

Responding to your baby's tired cues > SLEEP

Snack if appropriate e.g. fruit

Drink of water from a cup

Play

Responding to your baby's tired cues > SLEEP

Some babies may require a short third sleep at the end of the day

Dinner

Solids

Milk feed

Bath

Quiet time

Cuddle

*(Activities chosen will
depend on your
family's routine.)*

Settle for night > SLEEP

May still wake for feeds overnight

REMEMBER

All babies are different and it takes time to develop routine activities. It is always OK to make changes to feeding times, play and sleep to fit in with your baby's cues. If your baby is happy and interactive during awake times, your baby has probably had enough sleep.

Extra Information: raisingchildren.net.au

Play & Learning 7 - 17 months.

What my baby likes doing

**Call us for parenting advice or
to ask about self-referral**

**Tresillian Parent's Help Line
FREECALL 1300 272 736**

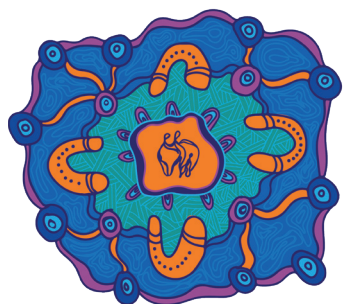
Open 7 Days, 7am - 11pm



FREE ACCESS
SleepWellBaby App
Powered by Tresillian
www.sleepwellbaby.io



tresillian.org.au



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

Copyright©

All rights reserved. No part of this work may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by any information storage or retrieval system, except as may be permitted, in writing by Tresillian.