



**Tresillian®**

*It's in our nature to nurture*



6-8 Months

# Daily Activities

Your baby's clock is set by the environment and regular daily activities and their interactions with you.

## What to expect from your baby at 6 - 8 months

Your baby's feed, play, sleep cycle is the basic structure of a their day. Routine activities, including a wind down

period before sleep time helps them establish good sleep patterns. All babies have varied sleep needs and therefore the following is a guide only that you can use and adapt to your own baby's individual needs.

During this 6 - 8 month transition time your baby is starting to:

- Be more active
- Stay awake longer
- Take a greater interest in what is happening around them
- Move from 3 sleeps to 2 sleeps a day
- May progress from milk before solids to milk after solids
- Show more emotions
- Take cooled boiled water from a cup

Some age appropriate activities include:

- Giving lots of cuddles
- Visiting friends/local park/play groups
- Music/singing/nursery rhymes/story time
- Finger/toe games
- Toys – that move, make sound, are colourful and vary in texture
- Describing to them what they are doing
- Reading books, touching and looking at the pictures
- Pulling toys by a string
- Squeaking toys

	Daily Activities 6 - 8 Months	Baby's individual activity Plan
<b>FEED</b>	<b>Early Morning (sunrise)</b> Milk feed May return to sleep Or get up to start the day	
<b>FEED</b>	<b>Breakfast</b> Milk feed Solids	
<b>PLAY</b>	Play Awake time is generally 2 - 3 hours; be guided by your baby's cues	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b>	<b>Lunchtime</b> Milk feed Solids, drink of water	
<b>PLAY</b>	Play Maybe a snack depending on how solids is progressing	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b>	
<b>FEED</b>	<b>Snack</b> if appropriate (some older babies are already enjoying 3 meals and are ready for afternoon tea once they wake or prefer dinner at this time) Drink of water	
<b>PLAY</b>	Play	
<b>SLEEP</b>	<b>Responding to your baby's tired cues &gt; SLEEP</b> <b>May only require a short nap</b>	
<b>FEED</b>	<b>Dinner</b> Milk feed Solids, drink of water Bath	
<b>QUIET TIME</b>	Quiet time (activity depends on family's routine) Cuddle	
<b>SLEEP</b>	<b>Settle for night &gt; SLEEP</b> <b>Baby may still wake for feeds overnight</b>	

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 wake times, your baby has probably had enough sleep. This can be a fun time, as your child develops new skills such as crawling and exploring their world. As your baby becomes more mobile make sure that your home and play areas are safe.

## **My baby's cues that say I may need a break**

## **My baby's cues that say "I'm interested"**

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

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

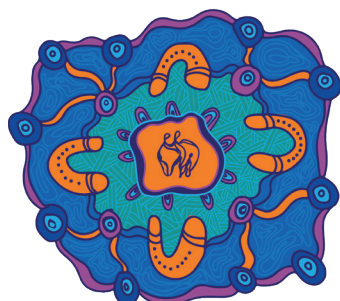
**Open 7 Days, 7am - 11pm**



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**[tresillian.org.au](http://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.

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