

# Routines

## 6 Months

7 am- awake and feed

9:30 am- **Nap**

10 am-awake

11 am- milk then solids or and solids then milk

12:30 pm- **Nap**

2:30 pm- awake and feed

4:30 pm- **Nap**

(only needs to be 15 min here)

5 pm- awake and solids or just milk

5:30 pm- bath

6 pm- milk

6:15/6:30 pm- bed

10.30 pm- dream feed (optional)

Look at dropping this by 6.5-7 months

