

Routines

5 months

7 am- awake and feed
9:15 am- **Nap**
10 am- awake
10:30 & 11 am- milk and solids or just milk
12 pm- top up feed
12:30 pm- **Nap**
2:30 pm- awake and feed
4:30 pm- **Nap**
5 pm- awake and solids or just milk
5:30 pm- bath
6 pm- feed
6:15/6:30 pm- bed
10:30 pm- dream feed (optional)

