



# 6 MONTH ROUTINE

by Amy at Counting Sheep

## 6 MONTH ROUTINE

Baby is on three naps a day at this stage, working towards that longer middle of the day nap (the lunchtime nap). If baby is not doing the longer lunch time nap or is still catnapping (not sleeping over 45 minutes), then please get in touch for a sleep support call as I usually like catnapping to have resolved itself by this age. I like catnapping to be a thing of the past by 7 months so if your little one is still not having lengthier naps by then, do get in touch for a sleep call so I can support you with extending those.

Awake time is 2 hours, but may stretch to 2 hours 30 minutes later on in the day to build sleep pressure for bedtime.

7am	WAKE AND FEED (milk feed)
	AWAKE TIME
9am	SLEEP (45 minutes)
10am	FEED
	AWAKE TIME
11.15am	TOP UP FEED
11.30pm	FOOD (first tastes) Tip - introduce allergens at breakfast so you can watch for any reactions throughout the day
12pm/12.15pm - 2.15pm	SLEEP (2-2 hours 15 minutes)
2.30pm	FEED
	AWAKE TIME
4 - 4.45pm	SLEEP (30 to 45 minutes)
4.45pm	WAKE BABY
5pm	SNACK FEED (important feed as this sets them up for bedtime)
	PLAYTIME
6.15pm	START BATHTIME
6.30pm	BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into cot)
7pm/7.15pm	BED

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### NIGHT FEEDS

At 6 months, baby will be able to drop to just one or zero night feeds assuming no weight gain issues. You could either do this by:

- a) Giving baby a dream feed at 10.30pm and then hoping they stretch out after that or;
- b) Letting baby sleep and then feeding them on waking, hoping they naturally start to drop the 2<sup>nd</sup> feed.

### SLEEP SAFETY

It is really important that you follow the appropriate baby and child sleep safety guidelines. In simple terms, for a baby, this is putting your baby down on their back in a clear cot or sleep space. Please research sleep safety before buying and implementing sleep products at home. In the UK, I direct families to The **Lullaby Trust** as they raise awareness of sudden infant death syndrome (SIDS) and provide expert advice on safer sleep for babies.

### ADDITIONAL SUPPORT

The purpose of this guide is to give you an example of a 6 month routine. If you need further on-going support in the form of a sleep support call with me or a bespoke sleep package for your little one from me, then please head to my website where you can book this instantly.

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