

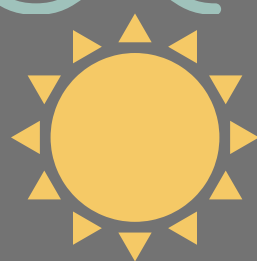
# A DAY IN THE LIFE OF A 7-9 MONTH OLD

1

## Wake up and have milk

7:00 a.m.

Breastfeed as much as your baby wants or offer 5oz first infant milk (there's no need for follow on milks)



2

## Breakfast

8:00 a.m.

Porridge or cereal with milk or natural yogurt or egg (pancakes, boiled, omelette or scrambled)

Fruit or veggie finger food

Cooled, boiled water to drink from open cup



3

## Milk Snack and Sleep

10am

This will depend on your baby. Breastfeed as much as your baby wants or offer 5oz formula



4

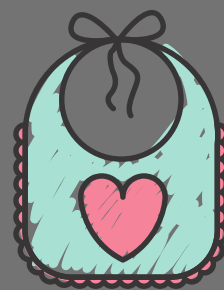
## Lunch

12 Noon

Savoury meal containing meat, fish, lentils, beans or eggs

Veggie finger food

Cooled boiled water to drink from open cup



5

## Milk Snack and Sleep

2pm

Breastfeed or offer 5oz infant formula



6

## Dinner

5pm

Savoury meal containing meat, fish, lentils, beans or eggs

Veggie finger food



7

## Bedtime

7pm

Breastfeed or offer 5oz infant formula

