

Infant daily routine

Child's name	
Date of birth / date completed	

Milk bottles are not warmed in the microwave. A drink of water is offered after milk before sleep, and bottles are not taken into cots. The centre only offers and allows healthy food brought by parents. Teething necklaces are not allowed.

Sleep routines

Usual sleep times	
Settling: pat, hold or rock before cot	
Other sleep information	

Babies are placed on their backs in the cot.

Bottles

Usual times and amount per feed	
Contents and temperature	
Bottle before sleep, held by caregiver?	

Food

Usual times, amounts and foods enjoyed	
Highchair or small infant table?	
Self-feeding or help from an educator?	

Other details

Language, songs, clothing or other information: _____

Parent/guardian name: _____

Signature: _____ Date: _____