

## Babysitting Girl (5 months)

**Daily Routine** (The “flow” is more important than keeping on the clock)

**Eating Times:** 6oz/feeding, give pH 8.5 water bottle throughout day

- 7-8am
- 10-11am
- 1-2pm
- 4-5pm
- 7pm

**Nap Times:** 3 naps/day... morning, afternoon & evening. (Will drop evening nap at 6 months)

- Nap anywhere: in cradle, pack n’ play, floor, bed, car seat, etc.
- Unsnap binky from clothing
- Sleeps on back

**Night Sleep Time:** 8pm

- Girl typically likes either 2 more ounces of water or formula to fall asleep
- It’s okay to let her fall asleep in your arms (if you can put her down in bed, that would be wonderful). Once asleep in your arms wait until you have “limp arms” from her, then put her in crib.
- If she wakes, give binky then leave room.  
\*\*When comforting/checking on her – try not to make eye contact, keep room dark and be brief. If she fusses, check on her every few minutes, and if needed pick her up to try it all over again.

### Play Time Activities

- Tummy time: encourage to lift up head and press down with hands
- Read and sing songs
- Lay on back so she can play with her feet or hovering objects
- Sit in orange chair
- Sit in boppy pillow
- Give toys to play with and/or chew
- Stacking blocks

### Milestones & Developing Skills to Work On

- Reaching out with hands to grab and hold objects
- Switch objects from hand to the other
- Pushing up with arms while laying on belly
- Rolling over
- Sitting alone with hand propping her in front