



Daily routines

Deady at 3-6 months

- Sleeps less during the day and a little more at night.
- Breast milk (or infant formula) is the food your baby likes most.

Deady at 6-9 months

- Starting to have a sleep routine and able to settle more easily.
- Starting to eat solid foods.

Deady at 9-12 months

- Holds food and chews different textures (e.g. biscuits, meat, pasta, fruit).
- Starts to drink from a cup with help.

Deady at 12-18 months

- Starts feeding self with a spoon and chews well.
- By 18 months drinks from cup holding with both hands.
- By 18 months starting to help with dressing and undressing (e.g. holding arms up for putting shirt on).

Deady at 2 years

- Puts on some clothes without help.
- May be ready for toilet training (e.g. knows when they are wet).
- Asks for things – milk, food, drink, toys.

Deady at 3 years

- Able to dress and undress with help.
- Usually toilet trained by day.
- Washes and dries hands.
- Eats skillfully with a spoon, and may use a fork.
- Able to follow family rules (e.g. when going out).

Deady at 4 years

- Uses spoon and fork well.
- Can dress and undress mostly without help.
- Is toilet trained by day and night.

Deady at 5 years

- Dresses and undresses with little help for most clothes.
- Uses spoon and fork well, cuts soft food with knife.
- Eats a wide range of foods (e.g. meat, pasta, fruit, veggies, nuts).



If you have any health concerns,
please visit your local health centre.



Queensland
Government