



## Cues, Tips and Information For: \_\_\_\_\_

### Daily Routine

7:00am \_\_\_\_\_

7:30am \_\_\_\_\_

8:00am \_\_\_\_\_

8:30am \_\_\_\_\_

9:00am \_\_\_\_\_

9:30am \_\_\_\_\_

10:00am \_\_\_\_\_

10:30am \_\_\_\_\_

11:00am \_\_\_\_\_

11:30am \_\_\_\_\_

12:00pm \_\_\_\_\_

12:30pm \_\_\_\_\_

1:00pm \_\_\_\_\_

1:30pm \_\_\_\_\_

2:00pm \_\_\_\_\_

2:30pm \_\_\_\_\_

3:00pm \_\_\_\_\_

3:30pm \_\_\_\_\_

4:00pm \_\_\_\_\_

4:30pm \_\_\_\_\_

5:00pm \_\_\_\_\_

5:30pm \_\_\_\_\_

### Eating

- What menu will they be on? (Circle one) 6-12month / 12+  
• Cue's shown when hungry: \_\_\_\_\_  
\_\_\_\_\_
- Allergies/foods they haven't tried/can't eat? \_\_\_\_\_  
\_\_\_\_\_
- Approx time between meals: \_\_\_\_\_
- Any other information in regards to food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Bottles

- Breastmilk / formula / cow's milk (Circle applicable)
- Cold / room temperature / warmed? (Circle one)
- Approximate time between bottles (if having more than one)?  
\_\_\_\_\_
- Any other information in regards to bottles: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Sleep

- Do they use comforters / sleep suit / dummy for sleeping?  
\_\_\_\_\_
- Cues for tiredness? \_\_\_\_\_  
\_\_\_\_\_
- How they generally go to sleep? (e.g. rocked in arms and transferred to bed/self settle in bed/ humming?) \_\_\_\_\_  
\_\_\_\_\_
- Approximate 'awake time' between sleeps (if having more than one)? \_\_\_\_\_
- Usual length of time asleep? \_\_\_\_\_
- Any other information in regards to sleep? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*For the daily routine, please fill it out as best as you can based on a regular day. If you want to add more information, please feel free to on the back of this page.*

