

# Maintaining Routines

What is time does the baby/child go to sleep?

What is the routine for going to sleep?

Where does the baby/child sleep?

Does the baby/child sleep through the night? If not, what routine is needed to help baby/child fall back to sleep? How many wakings are typical?

What is the routine around waking up? What time?

When does the baby/child take nap(s) during the day?

What is the rhythm and timing of feeding/eating for the baby/child?

For infants under one year, what foods does the baby eat and enjoy? Does the baby drink from a bottle? If so, what type/brand of bottle? What does the baby drink in the bottle and how much each feeding? Any intolerance or allergies or excessive spitting up/reflux?

For toddlers and young children, what foods does the child eat and enjoy? How often does the child eat? Any food intolerance or allergies?

What are the baby/child's favorite playtime activities and toys?

How does the baby/child respond to bathing, diaper changing and dressing? What routines or habit are helpful?

How is the baby/child best soothed when upset?