



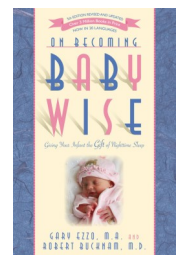
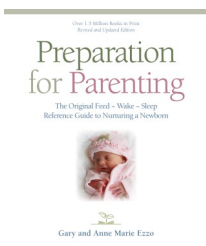
# Sample Schedule

## WEEKS 1-2

### Feeding

### Activities

- |                             |   |
|-----------------------------|---|
| 1. Early Morning<br>7:00am  | Feeding, diaper change and hygiene care<br>Waketime: minimal to none<br>Down for nap  |
| 2. Mid-Morning<br>9:30am    | Feeding, diaper change and hygiene care<br>Waketime: minimal to none<br>Down for nap  |
| 3. Afternoon<br>12:00pm     | Feeding, diaper change and hygiene care<br>Waketime: minimal to none<br>Down for nap  |
| 4. Mid-Afternoon<br>2:30pm  | Feeding, diaper change and hygiene care<br>Waketime: minimal to none<br>Down for nap  |
| 5. Late Afternoon<br>5:00pm | Feeding, diaper change and hygiene care<br>Waketime: minimal to none<br>Down for nap  |
| 6. Early Evening<br>8:30pm  | Feeding, diaper change<br>Waketime: minimal to none<br>Down for nap   |
| 7. Late Evening<br>11:00pm  | Feeding, diaper change, back to bed<br>Allow baby to wake up naturally, but do not let him/her sleep longer than 4 hours continuously at night for the 4 weeks. |
| 8. Middle of Night          | Feeding, diaper change, back to bed<br>Usually between 1:00—2:00am  |
| 9. Pre-morning              | Feeding, diaper change, back to bed<br>Usually between 3:30—4:30am  |



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