



Sample Schedule

WEEKS 1-2

Feeding

Activities

1. Early Morning 7:00am Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap
2. Mid-Morning 9:30am Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap
3. Afternoon 12:00pm Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap
4. Mid-Afternoon 2:30pm Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap
5. Late Afternoon 5:00pm Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap
6. Early Evening 8:30pm Feeding, diaper change
Waketime: minimal to none
Down for nap
7. Late Evening 11:00pm Feeding, diaper change, back to bed
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
Usually between 1:00—2:00am
9. Pre-morning Feeding, diaper change, back to bed
Usually between 3:30—4:30am

