

NEWBORN SCHEDULE

WEEK 1

9 FEEDINGS AND 6 NAPS

EARLY MORNING 7:00AM

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

MID-MORNING 9:30AM

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

AFTERNOON (12:00PM)

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

MID-AFTERNOON 2:30PM

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

GOALS

**8 FEEDINGS MINIMUM
14-17 HOURS OF
SLEEP FOR BABY**

LATE AFTERNOON 5:00PM

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

EARLY EVENING 7:30PM

- Wake time - 45 minutes max
 - Diaper change
 - Feeding
 - Tummy time (1 min) and play
- Nap

LATE EVENING 10:00PM

- Wake time - 45 minutes max
 - Feeding
 - Bedtime routine: bath, diaper change and fresh clothes
 - Down for sleep

MIDDLE OF THE NIGHT

1:00AM

- Diaper change (if needed)
- Feedings as needed
- Right back to bed

PRE MORNING 4:00AM

- Diaper change
- Feeding
- Right back to bed