

# NEWBORN SCHEDULE

## WEEK 3

### 9 FEEDINGS AND 6 NAPS

#### EARLY MORNING 7:00AM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### MID-MORNING 9:30AM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### AFTERNOON 12:00PM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### MID-AFTERNOON 2:30PM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### GOALS

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

#### LATE AFTERNOON 5:00PM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### EARLY EVENING 7:30PM

- Wake time - 30 to 60 minutes
  - Diaper change
  - Feeding
  - Tummy time (2 min) and play
- Nap

#### LATE EVENING 10:00PM

- Wake time - 30 to 60 minutes
  - 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 (if needed)
- Feeding
- Right back to bed