

1-MONTH-OLD BABY SCHEDULE

9 FEEDINGS AND 6 NAPS

EARLY MORNING 6:30AM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

MID-MORNING 9:00AM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

AFTERNOON 11:30AM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

MID-AFTERNOON 2:00PM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

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

LATE AFTERNOON 4:30PM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

EARLY EVENING 7:00PM

- Wake time - 30 minutes to 1.5 hours
 - Diaper change
 - Feeding
 - Tummy time and play
- Nap

LATE EVENING 9:30PM

- Wake time - 30 minutes to 1.5 hours
 - Feeding
 - Bedtime routine: bath, diaper change and fresh clothes
 - Down for sleep

MIDDLE OF THE NIGHT 1:00AM

- Diaper change (if needed)
- Feeding if needed
- Right back to bed

PRE MORNING 4:00AM

- Diaper change (if needed)
- Feeding if needed
- Right back to bed