



Sample Schedule

WEEKS 28-40

After Merge Six (no catnap)

Feeding Activities

- | | |
|--|---|
| <p>1. Morning
7:00-8:00 am</p> <p>_____</p> <p>_____</p> | <p>Feeding
Waketime
Down for nap</p> |
| <p>2. Mid-day</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Feeding
Waketime
Down for nap</p> |
| <p>3. Late Afternoon</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Feeding *
Waketime
Dinner time with family **
Early evening waketime</p> |
| <p>4. Bedtime Fee
8:00 pm</p> | <p>Liquid Feeding and
Down for night</p> |

- * Baby will receive cereal/vegetables and/or fruits
- ** Baby joins family mealtime with light finger foods
- more of a snack than a full meal

