



Sample Schedule

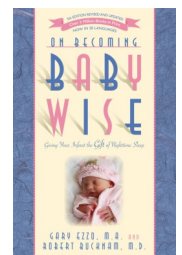
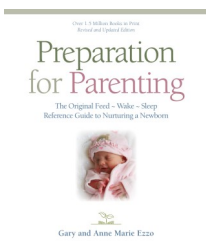
WEEKS 3-5

After Merge One

Feeding

Activities

- | | |
|------------------------------|--|
| 1. Early Morning
7:00am | Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap |
| 2. Mid-Morning
____ am | Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap |
| 3. Afternoon
____ pm | Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap |
| 4. Mid-Afternoon
____ pm | Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap |
| 5. Late Afternoon
____ pm | Feeding, diaper change and hygiene care
Waketime: minimal to none
Down for nap |
| 6. Early Evening
____ pm | Feeding, diaper change
Waketime: minimal to none
Down for nap |
| 7. Late Evening
____ pm | Feeding, diaper change, back to bed
Allow baby to wake up naturally |
| 8. Middle of Night | Feeding, diaper change, back to bed
Usually between 1:00—3:00am |



GrowingFamilies.*Life*

Reaching the Nations One Family at a Time