



Sample Schedule

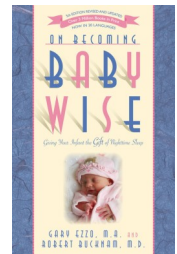
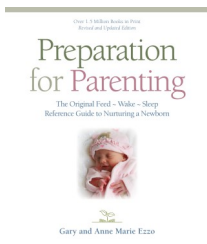
WEEKS 3-5

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 |



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Reaching the Nations One Family at a Time