

### Sample Schedule – 1 ½ month old

This is a schedule in process given by parents and changing as the need changes. The schedule reflects the differing needs of a baby and the family.

**This is flexible schedule is adjusted to mesh with his Dad’s late hours. Diaper changes continue as needed.**

Time	Activity
8:30 – 9:30 a.m.	Awakens, diaper change (clothes, if needed), nurses. Awake awhile. Smiley and fun.
11:00 – 11:30 a.m.	Nurses, then naps 1-3 hours.
3:00 p.m.	Awakens, nurses. Mom does errands. Cat naps in afternoon.
6:00 or 7:00 p.m.	Nurses. Naps 1-3 hours. Nurses on awakening.
9:00 p.m.	Dad gets home. Plays with Dad.
9:30 p.m.	Parents eat.
11:00 or 11:30 p.m.	Bathes with Mom and has last feeding.
Midnight	All go to sleep for the night. Awakens every 3 -6 hours (average 4 hours).

From *Love That Baby* written by Mildred Cawlfild

Principia School Acorn Program