

## Sample Schedule – 2 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.

Time	Activity
5:00 a.m.	Awakens, nurses, goes back to sleep.
8:00 – 9:00 a.m.	Awakens, diaper change, nurses.
Throughout the day	Watches family in bouncy chair or swing, plays in crib or on a blanket on the floor.  Naps, nurses, and is changed every 3-4 hours, as needed  Mom nurses before church or outings. Sits in bouncy chair at table where she can see the family when they eat.
9:00 p.m.	Bath every night or two.
9:30 p.m.	Bedtime. Sleeps 7- 8 hours.

From *Love That Baby* written by Mildred Cawlfild

Principia School Acorn Program