

### Sample Schedule – Bottle-fed baby, 3 months 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
7:00 a.m.	Awakens, 5-6 ounce bottle. Watches family from bouncy seat or swing.
8:30 – 9:00 a.m.	Nap.
10:00 a.m.	5-6 ounce bottle. Bath here or at night. Independent play in crib or on a blanket.
11:00 – 11:30 a.m.	Nap.
1:00 p.m.	5-6 ounce bottle.
1:30 – 2:00 p.m.	Nap. When he awakens, playtime with Mom and then watches Mom work.
4:00 p.m.	5-6 ounce bottle
5:00 – 5:30 p.m.	Nap.
7:00 p.m.	5-6 ounce bottle. Then held and talked to by Dad and Mom or near them on blanket, swing, or bouncy seat.
10:00 p.m.	A few more ounces of formula before bed, but parents stop feeding so he can fall asleep by himself. Sleeps through the night.

From *Love That Baby* written by Mildred Cawlfild

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