

### Sample Schedule – Nursing baby, 4 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
6:30 - 7:00 a.m.	Awakens, nurses.
7:00 – 7:30 a.m.	Bath time.
7:30 – 7:45 a.m.	Get dressed; tickle/laugh/kiss
8:00 – 8:30 a.m.	Self-entertained (bouncy chair/swing). Mama showers and has breakfast.
9:00 – 10:30 a.m.	Nap – spiritual study for Mama.
10:30 a.m.	Nurses.
11:00 a.m. – 1:00 p.m.	Errands, shopping, stroller walk.
4:00 – 5:00 p.m.	Playtime with Mama: toys, singing games
5:00 – 5:30 p.m.	Nurses.
5:30 – 6:30 p.m.	Self-entertained – swing, chair, blanket while Mama gets dinner.
7:00 p.m.	Papa’s home! Talks with Pop.
7:30 p.m.	Sits in chair on table and watches while parents eat.
8:00 – 8:30 p.m.	Nurses and eats one tablespoon of cereal.
8:30 – 9:00 p.m.	Rocking, hymn singing, quiet time, bedtime.

From *Love That Baby* written by Mildred Cawlfild

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