

Sample Schedule – 5 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.	Bottle, then back to sleep.
9:30 a.m.	Awakens and plays alone for several minutes. Bath and dressed.
10:00 a.m.	Cereal and bottle. Plays alone and with others.
Noon	Nap.
1:00 p.m.	Awake and bottle, fruit. Plays
2:30 p.m.	Nap.
4:30 p.m.	Bottle, cereal, baby veggies. Plays with others – baby games.
7:30 p.m.	Bottle, bedtime routine including hugs, singing, prayers.
10:00 p.m.	To sleep.

From *Love That Baby* written by Mildred Cawlfild

Principia School Acorn Program