

Sample Schedule – Nursing 6 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
7:00 a.m.	Wake up. Play in bed for a few minutes, then plays in Exersaucer while Mom and Dad have breakfast.
7:50 a.m.	Say goodbye to Dad. Have a little rice cereal, nursing and often quiet play with Mom in bed. Mom does Bible study while nursing.
9:00 a.m.	Morning nap. Varies from 1-2 hours
11:00 a.m.	Plays with Mom (music, floor play, outside on nice days, on blanket with toys.) Sometimes a bath.
11:30 a.m.	In saucer while Mom prepares and has lunch with Dad.
12:15 p.m.	Plays with Dad 15 minutes before Dad goes back to work.
1:00 p.m.	Adjourn to bedroom. Listen to lullabies, nurse.
2:00 p.m.	Afternoon nap.
4:00 p.m.	Walk in stroller. On warm days, go to park to swing, slide, see others
5:15 p.m.	Pick up Dad from work.
6:15 p.m.	Rice cereal, followed by getting ready for bed, possible bath. Nurses.
8:00 p.m.	To sleep.

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