

# Sample 3 - 6 Months Schedule

should eat every 4 but no later

*Anytime between 7-8 am:* nurse, then play/wake time

*10am:* nap time (this may come before 10am, but no later than 10:30am. Look for yawns. By the 3rd yawn - baby should be in bed.)

*12pm:* nurse, then play/wake time - go do your errands

*2pm:* nap time (try to keep awake until 2 so baby can have a good nap).

*Anytime between 4 - 4:30pm:* nurse, then play/wake time

*Anytime between 6 - 6:30pm:* your consistent bedtime routine: book, bath, bedtime songs, & prayer

*7pm:* baby can be in bed earlier; but no later than 7:30pm

*10pm - The Dreamfeed:* baby will most likely wake up on his own every night at 10pm because he's hungry. Change him before feeding him. Again after feeding, don't burp, just straight to bed. If he wakes up in the night it's most likely something other than the need to eat. Give him a pacifier and/or pick him up and hold him for a few minutes, then straight back to bed.

*Anytime between 7 - 8am:* start all over again!