

# Sample 8wks - 12wks Schedule

should eat every 3 1/2 - 4 hrs

7am: nurse, then play/wake time

9am: nap time (this may come before 8:30am, but no later than 9:30am. Look for yawns. By the 3rd yawn - baby should be in bed.)

10:30am: nurse, then play/wake time

12:30pm: nap time (again, this may come earlier, but no later)

2pm: nurse, then play/wake time

4pm: nap time (may come earlier, no later)

5:30pm: nurse & stick to a consistent bedtime routine:  
book, bath, bedtime songs, & prayer

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

10pm - *The Dreamfeed*: take baby out of crib and keep him asleep. Don't change his diaper. Feed him either on breast or bottle trying your best to keep him asleep. Do not burp him - just put him straight back to bed for the night. If he wakes in the middle of the night - change him first, then feed him, don't burp, and put straight back to bed. At this point he shouldn't be waking up more than once per night. If he wakes again, give him a pacifier until he falls back asleep (you're training his body to not need food throughout the night). Eventually, he won't wake up more than once.

7am: start all over again!