

Sample NB – 8wks Schedule

should eat every 2 ½ - 3 hrs

7am: nurse, then play/wake time

*wake/activity time ideas:

playmat, singing songs, go for a walk, getting dressed, playing with jewelry, reading simple books, making noises or funny faces, exploring textures and objects

8:30am: nap time (this may come before 8:30am, but no later than 8:30am for newborns, whenever the cutie pie gets fussy)

10am: nurse, then play/wake time

11:30am: nap time (again, this may come earlier, but no later)

1pm: nurse, then play/wake time

2:30pm: nap time (may come earlier, no later)

4pm: nurse, then play/wake time

5:30pm: nap time (may come earlier, no later)

7pm: nurse & bedtime routine (book, bath, etc.) - straight to bed

10pm: baby will most likely wake up around this time, but if not, wake up by 10:30pm at the latest nurse, then straight back to bed.

1am: baby will most likely wake up, but if not, wake up by 1:30am to nurse, straight back to bed.

4am: baby will most likely wake up, but if not, wake up by

4:30am to nurse, straight back to bed.

7am: start all over again!