



THE NEWBORN
SAMPLE SCHEDULE

Sample Daily Schedules

Remember: your baby IS a human being- not a clock. We are allowing for flexibility, yet still maintaining structure in your daytime routine.

This routine applies to full term babies.

In the first 10-21 days after birth, you are setting your milk supply. Feeding on a strict schedule is NOT recommended.

Wake Windows

<i>0-4 Weeks:</i>	<i>35-60 minutes</i>
<i>4-12 Weeks:</i>	<i>60-90 minutes</i>
<i>3-4 Months:</i>	<i>75-120 minutes</i>
<i>5-6 Months:</i>	<i>2-3 hours</i>
<i>7-14 Months:</i>	<i>3-4 hours</i>
<i>12-24 Months:</i>	<i>4-6 hours</i>

Find the wake window that works best for your baby from the recommended age groups and re-evaluate it every month or so for your baby's first year of life.

First Weeks

7:00am Feeding

7:30am – 8:00am Awake Time

8:00am – 10:00am Sleeping

10:00am Feeding

10:30am – 11:00am Awake Time

11:00am – 1:00pm Sleeping

1:00pm Feeding

1:30pm – 2:00pm Awake Time

2:00pm – 4:00pm Sleeping

4:00pm Feeding

4:30pm – 5:00pm Awake Time

5:00pm – 7:00pm Sleeping

7:00pm Feeding

7:30pm – 8:00pm Awake Time

8:00pm Bedtime

10:00pm Dream Feeding **(optional)**

12-15 Weeks

7am Wake up & Feeding

7am-8.30am Awake Time

8.30-10am Nap 1

10am Feeding

10am-11.30am Awake Time

11.30-1pm Nap 2

1pm Feeding

1pm-2.30pm Awake Time

2.30-4pm Nap 3

4pm Feeding

4pm-5.30pm Awake Time

5.30-6.00am Nap 4

7.00pm Feeding

6pm-7.30am Awake Time

7.30pm Bedtime

10.00pm Dream Feed

16-20 Weeks

7am Wake up & Feeding

7am-8.45am Awake Time

8.45-10am Nap 1

10am Feeding

10am-11.50am Awake Time

11.50-1pm Nap 2

1pm Feeding

1pm-3pm Awake Time

3.00-4.30pm Nap 3

4.30pm Feeding

6.30pm Feeding

4.30pm-6.45pm Awake Time

6.45pm Bedtime

9.45pm Dream Feed