our day

8:00 AM wake, diaper change, then bottle (3-4 oz) or nurse both sides
after burping and eating seat or swing then tummy/play time
lay down between 9:30-9:45 AM Nap

11:00 AM wake, eat and Diaper Change
seat or swing then tummy/play time

between 12:30-12:45 pM Nap

2:00 PM wake, eat and Diaper Change
seat or swing then tummy/play time

between 3:30-3:45 PM Nap

5:00 PM wake, eat and Diaper Change
seat or swing then tummy/play time

6:00 PM Nap

7:00 PM wake, eat and Diaper Change
bathtime then quiet play w/ dad like tummy time or read a book

8:30-8:45 PM Bedtime

10:30 PM or whenever you are about to go to sleep Dream Feed nurse or bottle (3-4 oz.)

3:30 AM or whenever she wakes up nurse and Diaper Change

"LORD IN HEAVEN, HEAR MY PRAYER,
KEEP ME IN YOUR LOVING CARE.
BE MY GUIDE IN ALL I DO.
BLESS ALL THOSE WHO LOVE ME, TOO."

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