

0 - 3 MONTHS DAILY ROUTINE

MORNING

TIME	ACTIVITY	INFO
7:00 am	Wake up	Milk feed
7.30am	Play	
8:00 am	Nap	2 hours (crib)
10.00am	Play	
11.00am	Feed	Milk Feed
12.00pm	Nap	2 hours (crib)
2.00pm	Play	
3.00pm	Feed	Milk Feed
3.15pm	Nap	1.45 minutes
5.00pm	Downtime	Top up bottle 50-60ml
5.45pm	Feed	Milk Feed
6.00pm	Bedtime routine	Bedtime
10.00pm	Feed	Dream Feed