

3-6 Months Old

"The Four Hour Schedule"

7:00-9:00: Wake up for the day. 1st feeding. Get dressed. Awake time. Tummy Time (10 min).
Independent Play Time.

9:00-11:00: Nap

11:00-1:00: 2nd feeding. Awake time. Tummy Time &
Independent Play Time.

1:00-3:00: Nap

3:00-5:00: 3rd feeding. Awake time. Tummy Time &
Independent Play Time.

5:00-6:30: Nap

6:30-8:00: Awake. Bedtime routine. Last feeding of
the day then straight to bed.