

3 Weeks Old

(Change diaper after every nap and feeding)

7:00: Wake up for the day, 1st feeding. Awake time (usually lasts a half hour)

8:30-10:00: Nap

10:00: 2nd feeding. Awake time.

11:30-1:00: Nap

1:00: 3rd feeding. Awake time.

2:30-4:00: Nap

4:00: 4th feeding. Awake time.

5:30-6:00: Nap

6:00: 5th feeding. Awake time. (Baby's most fussy time of the day. Feedings are closer together to load baby up on food to help stay happy and full throughout the night.)

7:30-8:00: Nap

8:00: Bedtime routine, 6th feeding, then straight to bed

*** Nighttime feedings usually occurring around 11:00pm & 4am then straight back to bed*