

Around 6 Weeks Old

(Change diaper after every nap and feeding)

7:00: Wake up for the day, 1st feeding. Awake time

8:30-10:30: Nap

10:30: 2nd feeding. Awake time.

12:00-2:00: Nap

2:00: 3rd feeding. Awake time.

3:30-5:00: Nap

5:00: 4th feeding. Awake time.

6:30-8:00: Nap

8:00-10:00: Awake. Bedtime routine. 5th feeding
then straight to bed

*** Nighttime feeding usually occurring around 4am
then straight back to bed*