

9 Weeks Old

(Change diaper after every nap and feeding)

7:00: Wake up for the day. 1st feeding. Get dressed.

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.

6:30-8:30: Nap

8:30-9:30: Awake. Bedtime routine. Last feeding of the day then straight to bed