



## DAILY SCHEDULE

FOR A *six to fifteen* MONTH OLD

<i>Time</i>	<i>Activity</i>
7:00 a.m.*	Wake and milk feeding
8:00 a.m.	Breakfast
9:00 a.m.	Nap #1 (put in crib awake)
10:00 a.m.*	Wake and milk feeding
10:30 a.m.–12:00 p.m.	Playtime
12:00 p.m.	Lunch
1:00 p.m.	Nap #2 (put in crib awake)
3:00 p.m.	Wake and milk feeding
3:30–5:30 p.m.	Playtime!
5:45 p.m.	Dinner
6:15 p.m.	Bathed and dressed for bed
6:30 p.m.	Milk feeding, not fed in nursery
6:45 p.m.	Bedtime routine (book, song)
7:00 p.m.	Bedtime (put in crib awake)

\*Optional thirty minutes of bonus sleep.

