

Sample Baby Schedule

Always keep in mind that newborns need about 16-17 hours of sleep in a day and eat 8-12 times per 24 hours.



TIME	
7 AM	Wake & feed then change diaper
730 AM	Nap for 60-90 minutes
9 AM	Wake & feed
930 AM	Change diaper then take a nap for 2 hours
1130 AM	Wake & feed
12 NN	Change diaper then take a nap for 2 hours
2 PM	Wake & feed
230 PM	Nap for 60 minutes
330 PM	Wake & feed
4 PM	Change diaper + light newborn play
530 PM	Feed & catnap (30 minutes)
6 PM	Wake then bath time
615 PM	Change into fresh outfit
630 PM	Read a book
7 PM	Feed then bedtime
10 PM	Dreamfeed & change diaper
1 AM	Feed then back to sleep
4 AM	Feed, change diaper then back to sleep