



# Sample Schedule

## WEEKS 28-40

*After Merge Six (no catnap)*

### Feeding                      Activities

- |  |   |
|--|---|
| <p>1. Early Morning</p> <p>7:00 am</p> <p>_____</p> <p>_____</p>             | <p>Feeding</p> <p>Waketime</p> <p>Down for nap</p>  |
| <p>2. Mid-day</p> <p>_____</p> <p>_____</p> <p>_____</p>                     | <p>Feeding</p> <p>Waketime</p> <p>Down for nap</p>  |
| <p>3. Late Afternoon</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>Feeding *</p> <p>Waketime</p> <p>Dinner with family **</p> <p>Early evening waketime</p> |
| <p>4. Bedtime feed</p> <p>8:00 pm</p>  | <p>Liquid Feeding and</p> <p>Down for night</p>   |

- \* Baby will receive cereal/vegetables and/or fruits
- \*\* Baby joins family mealtime with light finger foods  
- more of a snack than a full meal

