

# E.A.S.Y. SCHEDULE

A eat, activity, and sleep schedule for your baby

EAT	7:00 AM	Feed
ACTIVITY	7:45 AM	Limited Activity
SLEEP	8:15 AM	Nap
YOU TIME	8:20 AM	Do ya thing mama
E	10:00 AM	Feed
A	10:45 AM	Activity
S	11:15 AM	Nap
Y	11:20 AM	Do ya thing mama
E	1:00 PM	Feed
A	1:45 PM	Activity
S	2:15 PM	Nap
Y	2:20 PM	Do ya thing mama
E	4:00 PM	Feed
A	4:45 PM	Activity
S	5:15 PM	Cat Nap (40-50 Minutes).
Y	5:20 PM	Do ya thing mama
E	6:00 PM	1st cluster feed
A	7:00 PM	Bed Time Routine
S	7:30 PM	2nd Cat Nap
Y	7:40 PM	Dinner time for mama
E	8:00 PM	2nd Cluster feed
A		NONE
S		Put him to bed
Y		Enjoy your night!
E	10-11 PM	Dream Feed