

E.A.S.Y. ROUTINE

A eat, activity, and sleep routine for your baby

EAT	7:00 AM	Feed
ACTIVITY	7:30 AM	Activity
SLEEP	9:00 AM	Nap (1 ½- 2 hour nap)
YOU TIME	9:00 AM	Do ya thing mama
E	11:00 AM	Feed
A	11:30 AM	Activity
S	1:00 AM	Nap (1 ½- 2 hour nap)
Y	1:00 AM	Do ya thing mama
E	3:00 PM	Feed
A	3:30 PM	Activity
S	5:00 PM	Nap (cat nap)
Y	5:00 PM	Do ya thing mama
E	7:00 PM	Feed (cluster feed at 7 and 9PM, only if going through a growth spurt)
A	7:30 PM	Activity (bath time)
S	7:45 PM	bedtime
Y	7:45 PM	The night is all yours!
E	9:00 PM	Feed ONLY if going through a growth spurt!
A	10:00 PM	
S	11:00 PM	Dream feed until 7 or 8 months.
Y		