

NOOB MOMMY'S E.A.S.Y SCHEDULE CHEAT SHEET 4 WKS. - 1 YR

4-Week Old E.A.S.Y		
Eat	7:00 AM	Feed
Activity	7:45	Limited Activity
Sleep	8:15	Nap
Your Time		
E	10:00	Eat
A	10:45	Activity
S	11:15	Nap
Y		
E	1:00	Eat
A	1:45	Activity
S	2:15	Nap
Y		
E	4:00	Eat
A	4:45	Limited Activity
S	5:15	Catnap (= 40-50 mins)
Y		
E	6:00	1st Cluster Feed
A	7:00	Bath
S	7:30	Catnap
E	8:00	2nd Cluster Feed
S	<i>Right back to bed</i>	
E	btwn 10-11:00**	Dream Feed**

**Dream feed up to 7 months (optional).
No later than 11 pm.

3-Hour E.A.S.Y (= 6 wks - 4 months)		
Eat	7:00 AM	Wake & Feed
Activity	7:45	Activity
Sleep	8:30	Nap
Your Time		
E	10:00	Eat
A	10:45	Activity
S	11:30	Nap
Y		
E	1:00	Eat
A	1:45	Activity
S	2:30	Nap
Y		
E	4:00	Eat
S	btwn 5-6:00	Catnap (= 40 mins)
E	7:00*	Eat*
A	7:30	Bath
S	btwn 7:30-8	Bedtime
Y		
E	btwn 10-11:00**	Dream Feed**

*Cluster feed at 7 & 9 if going through a growth spurt
(Don't continue cluster feeding past 8 weeks)
**Dream feed up to 7 months (optional).
No later than 11 pm.

4-Hour E.A.S.Y (= 4-6 months)		
Eat	7:00 AM	Wake & Feed
Activity	7:30	Activity
Sleep	9:00	Nap
Your Time		
E	11:00	Eat
A	11:30	Activity
S	1:00	Nap
Y		
E	3:00	Eat
A	3:30	Activity
S	btwn 5-6:00	Catnap
Y		
E	7:00*	Eat*
A	7:30	Bath
S	btwn 7:30-8	Bedtime
Y		
E	11:00**	Dreamfeed**

*Cluster feed at 7 & 9 only if going through a growth spurt.
**Dream feed up to 7 months (optional).
No later than 11 pm.

6 Months & Beyond Schedule	
7:00 AM	Wake & Feed
7:30	Activity
btwn 9-9:30	Nap
11:15	Breast/Bottle (snack)
11:30	Activity
1:00	Lunch (solids)
1:30	Activity
btwn 2-2:30	Nap
4:00	Breast/Bottle (snack)
4:15	Activity
5:30-6:00	Dinner (solids)
7:00	Bath/Bedtime ritual
btwn 7:30-8	Bedtime

9 MOS. & BEYOND: Baby should be able to go 5 hours between feeds. He'll be eating 3 meals a day w/2 snacks. After 1yr, + will most likely drop to just 1 big afternoon nap.