

Routines

4 months

7 am- awake and feed
9 am- **Nap**
10 am- awake
10:30 & 11 am- milk and solids or just milk
11:30 am- top up feed
12:15 pm- **Nap**
2:15 pm- awake
2:30 pm- feed
4:30 pm- **Nap**
5 pm- awake and solids or just milk
5:30 pm- bath
6 pm- feed
6:15/6:30 pm- bed
10:30 pm- dream feed (optional)

