

# 3-4 Month Old

## Daily Schedule

**6.30am - 7am**

Wake Up & Feed!

**7.30am**

Play In Crib/Play Gym

**8.30am**

Nap Time

**9.15am**

Wake Up & Play!

**10am**

Feed

**11am**

Nap Time

**12.30pm**

Wake Up & Play!

**1.30pm**

Feed

**2pm**

Nap Time

**3pm**

Wake Up & Play!  
(Tummy Time)

**4pm**

Feed

**5pm**

Nap Time

**5.30pm**

Wake Up & Play!

**6.30pm**

Bedtime Routine  
(Bath, Book, Feed, Bed)

**10.30-11pm**

Dream Feed