

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