MOMS ON CALL™

SCHEDULER

• TYPICAL DAY •

4-6 MONTHS SCHEDULE

Once solids are introduced.

The bottle contains ***6-8 ounces and the sippy cup will contain 2-4 ounces of breast milk or formula*** *unless otherwise noted.*

Babies will get 100% of their nutritional needs met through the breast milk or formula until they are 12 months of age! Baby foods are introduced between 4 and 5 months so that babies can get used to different tastes and textures. The most important thing you can do for your baby is make mealtime low stress and fun - amounts do not matter! We will give you a general idea on the amounts but do not stress about the amounts at all.

7am*	Wakes up; drinks formula/breast milk.
8am	½ jar fruit with 1-2 tablespoons of rice cereal. May begin to give sippy cup.
8:30am	Naptime 1-1 ½ hours.
10:30am	Formula/breast milk.
11:30am	2-4 oz. veggies, 2-4 oz. fruit with 1-2 tablespoons of rice cereal – Introducing a sippy cup here is fine.
12:30/1:30pm	Nap -pick one time between 12:30 and 1:30pm and start nap at that time each day (ideally 1 ½-2 hours).
3pm	Breast milk/formula.
4pm*	2-4 oz. veggies, 2-4 oz. of fruit with a sippy cup of formula/breastmilk (If has not fed well, or has not taken the sippy cup well, pour remaining formula/breastmilk into a bottle and let them finish the rest from the bottle.)
5pm	May take a catnap. If not, they may be increasingly fussy, which makes it a great time for tummy time and/or the excer-saucer. They have some energy they have to release.
6pm	Keep awake from now until bathtime/bedtime.
6:30pm*	Start bath time routine.
7pm*	Breastfeed of bottle feed.
7:30pm	In the crib for the night.

* Denotes critical times.

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• CRAZY DAY TIPS • 4-6 MONTHS SCHEDULE

- Try to feed at 7:00am each day
- We do not have to do three baby food feedings every day. If you just cannot make that happen (moms with multiple children) then do a snack bottle with 2-4 ounces of breastmilk or formula or a light breastfeeding at the time that the baby foods are listed)
- After the 4:00pm feeding, there are no snack feedings. We do not snack in the evening or the nighttime feeding at 7:00pm is not enough to last the baby through the night.
- If they do not eat really well at 4:00pm feeding (whether it is a snack bottle/breast or baby food), then that last nighttime feeding at 7:00pm will be fantastic and they will sleep really well.

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