

ESSENTIAL BABY CARE SCHEDULE

Date: _____ Baby's Name: _____ Weight: _____

TIME	ACTIVITY	NOTES (FEEDING AMOUNT / DURATION / DIAPER)
6:00 AM	Wake / Feed	
8:30 AM	Nap 1	
10:30 AM	Feed / Play	
1:00 PM	Nap 2	
3:00 PM	Feed / Play	
5:30 PM	Catnap	
7:00 PM	Bedtime Routine	
11:00 PM	Dream Feed	

Vitamin Drops
Tummy Time
Bath Given

Laundry Done
Meds/Supplements
Outdoor Air

Daily Summary & Health Notes: