

GENTLE BABY SLEEP ROUTINE

A peaceful rhythm for restful nights

06:30 PM

Warm Bath & Gentle Massage

06:45 PM

Fresh Diaper & Pajamas

07:00 PM

Nursing or Bottle Feeding

07:20 PM

Dim Lights & Bedtime Story / Lullaby

07:30 PM

White Noise On & Cuddle Time

07:45 PM

Laid Down Drowsy but Awake

DAILY OBSERVATIONS