



OPTION A: BIRTH-3 WEEKS (8 Feedings Every 3 hours)

	FEEDING TIME	FORMULA	AWAKE TIME	NAP TIME
1	7:00 a.m.	2-3 oz.	After Feeding-8:30 a.m.	8:30-10:00 a.m.
2	10:00 a.m.	2-3 oz.	After Feeding-11:30 a.m.	11:30-1:00 p.m.
3	1:00 p.m.	2-3 oz.	After Feeding-2:30 p.m.	2:30-4:00 p.m.
4	4:00 p.m.	2-3 oz.	After Feeding-5:30 p.m.	5:30-7:00 p.m.
5	7:00 p.m.	2-3 oz.	After Feeding-8:30 p.m.	8:30-10:00 p.m.
6	10:00 p.m.	2-3 oz.	None	After Feeding-1:00 a.m.
7	1:00 a.m.	2-3 oz.	None	After Feeding-4:00 a.m.
8	4:00 a.m.	2-3 oz.	None	After Feeding-7:00 a.m.

OPTION B: BIRTH-3 WEEKS (10 Feedings Approximately Every 2 ½ Hours)

	FEEDING TIME	FOOD	AWAKE TIME	NAP TIME
1	7:00 a.m.	2-3 oz.	After Feeding-8:15 a.m.	8:15-9:30 a.m.
2	9:30 a.m.	2-3 oz.	After Feeding-10:45 a.m.	10:45-11:30 a.m.
3	11:30 a.m.	2-3 oz.	After Feeding-12:45 p.m.	12:45-2:00 p.m.
4	2:00 p.m.	2-3 oz.	After Feeding-3:15 p.m.	3:15-4:30 p.m.
5	4:30 p.m.	2-3 oz.	After Feeding-5:45 p.m.	5:45-7:00 p.m.
6	7:00 p.m.	2-3 oz.	After Feeding-8:15	8:15-9:30 p.m.
7	9:30 p.m.	2-3 oz.	After Feeding-10:45	10:45-12:00 a.m.
8	12:00 a.m.	2-3 oz.	None	After Feeding-2:30 a.m.
9	2:30 a.m.	2-3 oz.	None	After Feeding-4:45 a.m.
10	4:45 a.m.	2-3 oz.	None	After Feeding-7:00 a.m.



The goals: regulate your newborn's metabolism and sleep rhythm by creating a routine of FEEDING, PLAYING, then NAPPING — always in that order. Do not hesitate to wake your baby up at the end of the nap time for his feeding. Read these posts: How to Become a Practical Parent, The 15-Minute Rule, Swaddling, Crib Essentials, Crib Soothers, Nursery Organization Must-Haves and Crying Facts to help you get started. And start tracking right from the start by using our Your Baby's Scheduling Logs. This is a beautiful but exhausting time for you and your family. Keep the faith! You will be dropping a feeding during the next schedule so you're fast on your way to creating a "rock star" sleeper.

Choose and follow one of these schedules for **three full weeks**, which means that on the 22nd day you will start the next schedule (4-7 weeks).

You will find yourself **adjusting times and then catching back up** to the schedule during the day:

- **Catching Up Example for Option B:** Your baby seems overtired so you put him down for a nap 15 minutes early at 11:15 a.m., then you wake him up at 12:45 p.m. for the feeding, and put him down at the scheduled next nap time (2:30 p.m.) so he's caught up.

A Note on Food:

To make it as straightforward as possible, all of our schedules for year one are based on amounts of **ounces of formula and water** in a bottle. But you can easily adapt them to **formula plus pumped breastmilk**. And you can guesstimate how many **minutes to breastfeed** per side to achieve specific amounts of formula in ounces. If you are combination feeding, offer the breastmilk first (and in its own bottle if it is pumped breastmilk) that way you can insure that your baby drinks all of it. If your baby doesn't finish all of the formula, at least you know he got all of the breastmilk.

Of course, **breastfeeding is less exact** because you don't know with complete accuracy how many ounces your baby is receiving at a feeding. However, plenty of moms who schedule feedings breastfeed. What's most important is that you're feeding your baby on a **scheduled-basis**, so that when he cries you'll know the cause of his crying is a result of something other than hunger. No matter what method of food you choose to deliver to your baby, we have no doubt that if you choose to use our schedules you will be highly successful!