Daily Schedule for Miles & Emmett

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| 7:00 am | Morning, brothers! Get dressed for the day and play on the floor |
| 7:30 a.m. | Breakfast! Eat about 8 oz.  Bright lights and music! |
| 8:00 a.m. | High-energy floor play!  Practice sitting, rolling, and/or crawling |
| 8:30 a.m | Stories and toys in their room |
| 9 a.m. | Morning nap (about 2 hours)  Optional “snack” (4-6 oz) to help them fall asleep |
| 11 a.m. | Diaper check and “lunch” downstairs. Eat about 4-6 oz.  Practice with sippy cups |
| 11:30 a.m | Exersaucer time and floor play in the living room |
| 12:00 p.m. | Music and dancing in their room |
| 12:30 p.m. | Stories and calm floor play  Practice sitting, rolling, and/or crawling |
| 1:00 p.m. | Afternoon nap (about 2 hours)  Optional “snack” (4-6 oz.) to help them fall asleep |
| 3:00 p.m. | Diaper check and small bottle (no more than 4 oz.) |
| 4:00 p.m. | Highchair time!  Play with tray toys! |
| 4:30 p.m. | More highchair time! Get nakey down to diapers  Solid foods and sippy cups! |
| 5:00 p.m. | Bath time! Bathe, night diapers, and PJs |
| 5:30 p.m. | Soothing stories or calm floor play  Final bottle/nursing before bed (6-8 oz.) |
| 6:00 p.m. | Bedtime! Nighty-night, babies! |

Weather permitting:

* Outside blanket play in the morning between 8 and 9 a.m.
* Walk in the stroller 3:30-4:00 p.m.