Daily Schedule for Miles & Emmett

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| 7:00 am | Good morning! Wake up, change diapers and get dressed. Playtime on the floor while Mommy gets coffee and breakfast. |
| 7:30 a.m. | Breakfast time! Nursing, bottles, and burps.  Tummy time, floor play, or Bumbo/Exersaucer after eating. |
| 8:00 a.m. | Morning walk, weather permitting.  If bad weather, more Bumbo/Exersaucer/bouncer or highchair time. |
| 8:15 a.m. | Morning nap! Sleep about an hour.  If no sleep, quiet play or stories until the hour is up. |
| 9:15 a.m. | Wake up! Diaper change and “snack.” |
| 9:30 a.m. | Music and dancing. |
| 10:00 a.m. | Brother playtime! Interacting with one another face to face. |
| 10:30 a.m. | Soothing and stories with soft music. |
| 11:00 a.m. | Optional second morning nap. Sleep about an hour. If no sleep, quiet play or stories until the hour is up. |
| 12:00 p.m. | Music and dancing. |
| 12:30 p.m. | Living room play / brother playtime! |
| 1:00 p.m. | Diaper check, snack, burps, and stories for soothing (bouncy seats). |
| 1:30 p.m. | Afternoon nap! Sleep about 2 hours by whatever means necessary (bouncer, swing, etc. Turn off swing or vibration once they’re asleep.)  If they wake up early, quiet play or stories until the time is up. |
| 3:30 p.m. | Diaper check, snack, burps.  Highchair time and upright play after eating. |
| 4:00 p.m. | Afternoon walk, weather permitting.  If bad weather, more Bumbo/Exersaucer or highchair time. |
| 4:30 p.m. | Living room play. NO MORE SLEEPING AT ALL UNTIL BEDTIME. |
| 5:00 p.m. | Bath time! Bathe, night diapers, and PJs. Read a book with babies in the bouncers. |
| 5:30 p.m. | Soothing and dinnertime. Final bottle/nursing before bed. |
| 6:00 p.m. | Bedtime! Nighty-night, babies! |