

DAYTIME SCHEDULE

FROM 6 MONTHS
TILL 8 MONTHS

GOAL	SCHEDULE	TIME
7:00 - 7:45	bottle feed	0:45
7:45 - 8:15	breakfast / snack	0:30
8:15 - 9:00	play time	0:45
9:00 - 11:00	1st nap	2:00
11:00 - 11:30	bottle feed	0:30
11:30 - 12:00	lunch / solid food	0:30
12:00 - 1:00	play time	1:00
1:00 - 2:30	2nd nap	1:30
2:30 - 3:00	bottle feed	0:30
3:00 - 4:00	play time	1:00
4:00 - 5:00	3rd nap	1:00
5:00 - 5:30	snack	0:30
5:30 - 6:30	play time	1:00
6:30 - 7:00	solid food	0:30
7:00 - 7:30	bottle feed	0:30
7:30	SLEEP	



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