



Planning for Expectations and Routines for Baby

To be completed prior to baby's birth or by 6 months of age. Ideally all primary caregivers work on this together.

Remember, ideally these routines are what you use for the foreseeable future so be purposeful. You can adjust as you try them out but at a point they should stick.

Checklist:

Routines

- Nighttime
- Bath time
- Morning wake up
- Nap time
- Nap wake up
- Eating

Expectations:

- Kitchen
- Living Room
- Outside
- In the bath
- At meal times
- In the car
- With the pets
- Other

What routines do we have at nighttime/bedtime?

Suggestions: keeping the lights down at a certain time, keeping lights low or off even when baby wakes up at night, bath routines, and bedtime routines (lullabies, books, sound machine, rocking, etc.)

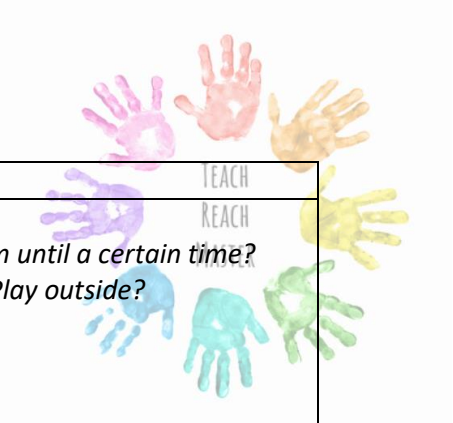
What happens when I get up in the morning?

Change my diaper? Breakfast right away? Play quietly in my room? Playing in the living room? Reading books in the kitchen? Watching an episode of my favorite tv show?

What routines do we have at nap time(s)?

Suggestions: control the level of light so that is not as dark as night time so the baby learns to differentiate naps and nighttime sleep, songs, books, sound machine, etc.

Note: As a child grows through infancy, nap times will change as infant goes from sleeping whenever they need to, to 3 naps a day, to 2 naps a day, to one nap a day. While they are in the phases of 3, 2, or 1 naps, try to keep times as consistent as possible. Definitely, once they are at 1 nap (usually around 1), it should be around the same time every single day until they have outgrown naps (hopefully no earlier than 2.5 years old).



What happens when I wake up from naps?

Change my diaper? Snack? Playing in the living room? Play quietly in my room until a certain time? Reading books in the kitchen? Watching an episode of my favorite tv show? Play outside?

Expectations:

In the kitchen:

In the living room:

Outside:

In the bath:

At meals times:

In the car:

With the pets:

Other: