

Caly's Schedule--Four months (not suitable for an infant)

These times may vary on any given day, but here's a sneak peek into life at the Bradshaw home.

7:00 Wake-up time and Eating-time

7:30-8:00 Awake-time

8:00-10:00 Nap-time

10:00 Eating-time

10:30-11:30 Play-time

11:30-1:00 Nap-time

1:00 Eating-time

1:30-2:30 Awake-time

2:30-4:00 Nap-time

4:00 Eating-time

4:30-6:00 Awake-time

6:00 PJ's on and Eating-time

6:30 Bed-time

Caly will usually wake up after seven to nine hours of sleep. I feed her and put her back to bed.