

I'm an E.A.S.Y. Failure: Short Naps & Newborns

You are **NOT** a Failure! Keep trying the E.A.S.Y. method, but please don't stress. Offer feedings every 2.5-3 hours.

Your day could look like this:

| Time | Activity |
|-------------------|--|
| 7:00am | Feeding |
| 7:30am | Awake Time |
| 8:00am – 10:00am | Sleeping |
| 10:00am | Feeding |
| 10:30am | Awake Time |
| 11:10am – 11:30am | SHORT NAP |
| 11:30am – 12:30pm | Awake Time |
| 12:30pm | Feeding (falls asleep while eating because he's been awake since 11:30...oh well- hold him and let him nap. DON'T FEEL GUILTY. ENJOY IT!!!) |
| 12:45pm – 2:45pm | Naps on Mama |
| 2:45pm – 3:00pm | Awake Time |
| 3:00pm | Feeding |
| 3:30pm | Awake time |
| 3:55pm | Swaddle and offer nap in bassinet |

| Time | Activity |
|---|---|
| 4:00pm – 4:45pm | Naps |
| 4:45pm – 5:30pm | Awake time |
| 5:30pm | Feeding (getting tired because he's been up since 4:45pm) |
| 5:55pm | Change him and swaddle him (see how you're breaking up the feeding and the sleeping) |
| 5:58pm – 6:35pm | Naps on Mama or in crib |
| 6:35pm – 7:05pm | Awake Time |
| 7:05pm | Bath |
| 7:30pm | Diaper, jammies, cluster feeding |
| 7:55pm | Swaddle and Bedtime |
| 10:30pm | Dream Feed! |
| Go to my blog and read about "The Dream Feed" . Also read "The Dreaded 4 Month Sleep Regression!" | |

This document is an excerpt from Cara's blog post, "I'm an E.A.S.Y. Failure: Short Naps and Newborns."
Go to www.TakingCarBabies.com/blog/ to read it in its entirety.

Day schedules can vary greatly from one baby to the next. Following baby's sleepy and hunger cues will help you tremendously.

Sample Schedules

A simple way to navigate through your day is to remember a few basic "guidelines":

1. Baby eats every 2 to 3 hours during the day. Please never allow your baby to go longer than 3 hours between feeds.
2. Try to get baby down for a nap after about 60 to 90 minutes of awake time. If you wait too long, you will have a cranky baby who has difficulty falling asleep.

During the late afternoon and evening (4-10pm), it is not uncommon for babies to have cluster feeds. Cluster feeds are typically every 90 to 120 minutes.. Consider this the time baby is "tanking up" for night sleep. (You do not have to do cluster feedings if your baby isn't showing hunger cues.)

Here are some sample schedules that are simply following baby's sleepy cues, yet are also following our guidelines.



Sample Schedule 1

Sample Schedule Based Upon Sleep Cues and Cluster Feeds

| Time | Activity |
|---|--|
| 7:00am | Wake and Feeding |
| 7:30am – 8:15am | Awake Time |
| 8:15am – 10:00am | Nap |
| 10:00am | Feeding |
| 10:30am – 11:20am | Awake Time |
| 11:20am – 12:30pm | Nap |
| 12:30pm | Feeding |
| 1:00pm – 2:30pm | Awake Time (Baby just wouldn't go to sleep) |
| 2:30pm – 3:30pm | Nap (Had to awaken baby for feeding) |
| 3:30pm | Feeding |
| 4:00pm – 5:00pm | Awake Time (Just really fought going down at 4:30) |
| 6:00pm | Feeding |
| 6:30pm – 7:00pm | Awake Time (Bath, jammies, and getting ready for bed) |
| 7:15pm | Cluster Feed |
| 7:35pm | Bedtime |
| 10:00pm | Dream Feed |
| Now allow baby to sleep until he/she awakens. (Truly wait for baby to cry- not just stir!) | |

Sample Schedule 2

Sample Schedule Based Upon Sleep Cues and Cluster Feeds

| Time | Activity |
|---|--|
| 7:00am | Wake and Feeding |
| 7:30am – 8:00am | Awake Time |
| 8:00am – 9:10am | Nap |
| 9:30am | Feeding (notice that baby didn't eat immediately after waking) |
| 10:00am – 10:10am | Awake Time (simply a diaper change and put in a swaddle to break up eat and sleep) |
| 10:10am – 11:35am | Nap (notice baby has been up since 9:10) |
| 12:00pm | Feeding (fell asleep nursing) |
| 12:30pm – 12:35pm | Awake Time (See? Baby has been up since 11:35! We just changed diaper and swaddled-attempting to break up the feed/sleep association) |
| 12:35pm – 2:45pm | Nap (while being worn or held) |
| 2:45pm | Feeding |
| 3:15pm – 3:45pm | Awake Time |
| 3:45pm – 5:00pm | Nap |
| 5:00pm | Feeding |
| 5:30pm – 6:15pm | Awake Time |
| 6:15pm – 7:00pm | Nap |
| 7:00pm | Feed |
| 7:30pm – 7:50pm | Awake Time (Bath, jammies, and getting ready for bed) |
| 7:50pm | Bed |
| 10:30pm | Dream Feed |
| Allow Baby to Sleep As Long As Possible | |

Sample Schedule 3

Sample Schedule Based Upon Sleep Cues and Cluster Feeds

| Time | Activity |
|---|---|
| 6:30am | Wake and Feeding |
| 6:45am – 7:15am | Awake Time |
| 7:15am – 9:10am | Nap |
| 9:10am | Feeding |
| 9:40am – 10:30am | Awake Time |
| 10:30am – 11:00am | Nap |
| 11:30am | Feeding |
| 11:50am – 12:05pm | Awake Time |
| 12:05pm – 2:00pm | Nap |
| 2:10pm | Feeding |
| 2:10pm – 4:30pm | Awake Time (wide awake and would not go to sleep) |
| 4:30pm | Feeding (cranky, fell asleep nursing and slept on Mom) |
| 4:30pm – 6:00pm | Nap on Mom |
| 6:00pm | Cluster Feed |
| 6:30pm – 7:30pm | Awake Time (Bath, jammies, and getting ready for bed) |
| 7:30pm | Cluster Feeding |
| 7:50pm – 8:20pm | Nap (fell asleep while eating) |
| 8:20pm – 9:20pm | Awake Time |
| 9:20pm | Feeding |
| 9:50pm | Diaper Change, Swaddle, To Bed and Dream Feed |
| Allow Baby to Sleep As Long As Possible | |

Sample Schedule 4

Sample Schedule Based Upon Sleep Cues and Cluster Feeds

| Time | Activity |
|---|--|
| 7:30am | Wake and Feeding |
| 8:00am – 8:30am | Awake Time |
| 8:30am – 10:00am | Nap |
| 10:30am | Feeding |
| 11:00am – 11:30am | Awake Time |
| 11:30am – 1:30pm | Nap |
| 1:30pm | Feeding |
| 2:00pm – 2:45pm | Awake Time |
| 2:45pm – 3:15pm | Nap |
| 3:30pm | Feeding |
| 4:00pm – 4:30pm | Awake Time |
| 4:30pm – 5:15pm | Nap |
| 5:30pm | Cluster Feeding |
| 6:00pm – 6:45pm | Awake Time |
| 6:45pm – 8:30pm | Nap |
| 8:30pm | Feeding |
| 9:00pm – 10:00pm | Awake Time |
| 10:00pm | Feeding |
| 10:30pm | Diaper Change, Swaddle, and put down for bed |
| Allow Baby to Sleep As Long As Possible | |

Remember: your baby IS a human being- not a clock. We are allowing for flexibility, yet still maintaining structure in your daytime routine.

Sample Schedule Review

After looking over these sample schedules, do you see how your baby truly sets his/her schedule, **but with guidelines from you to prevent an overtired cranky baby?**

Do you see how some days just don't follow the master schedule perfectly? That's okay. We attempted and did our best. Sometimes the baby fell asleep while eating and sometimes the only "awake time" was a diaper change and swaddle. Sometimes, the nap just didn't happen. **Don't stress! This happens. Just keep going.**

Do you see how 4-7pm can look like a MESS? It's not! It's allowing the baby to "tank up" for night sleeping.

Remember, you may have to wake him/her early from a nap. If you get "off schedule", no big deal! Start over with the next feeding time and do your best.

