

Morning checklist

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Morning Checklist (with info requests)

- [~0730] Liam breakfast
- [~0815] Brush Liam's teeth
- [????] Catie bottle
 - amount: ??:
 - timing: ??:
 - notes: ??:
- [~0810] Catie nap (*about 1:15 after she wakes up for the morning*)
 - Liam gets independent activity (ipad, or similar?)
 - change her diaper
 - wrap her
 - rock her with pucky
 - nap her in swing with
 - * music
 - * rocking
 - * white noise
 - * blanket
 - [?] cry it in effect the whole time or after the first pucky loss?
 - approximate sleep time is [*~2 hours?*]
- [~1000?] Liam Snack
 - notes: ??:
- [~1230?] Liam Lunch
 - amount: ??:
 - timing: ??:
- [~1230?] Liam Nap
 - [?] still old routine or is there a new one similar to the night time one?
 - Catie in bouncy if not napping
 - approx sleep time is *2h*