

Baby's First Routine

Early Morning

(5:00–7:00 AM)

Baby wakes to feed

Routine:

Feed
Burp
Diaper change
5–20 minutes of awake time (cuddles, soft talking, maybe looking at a window)
Back to sleep

tip:

Keep lights low, speak softly, go easy. No pressure to "start the day."

Morning

(7:30–10:00 AM)

Feed → Change → Short Wake → Sleep

Routine:

Full feed
Diaper change
Tummy time (1–3 minutes at first)
Chatting, gentle play
Swaddle + nap

tip:

Eat breakfast. Drink water. Do ONE small, important task (laundry counts)

Mid-Morning

(10:00–12:00)

Feed → Change → Short Wake → Sleep

Routine:

Feed
Diaper change
Tummy time (1–3 minutes at first)
Chatting, gentle play
Swaddle + nap

tip:

Have a shower, tidy your bedroom, exercise or have a nap

Early Afternoon

(12:00–3:00 PM)

Baby might get fussy or restless

Routine:

Feed
Burp
Diaper change
5–20 minutes of awake time (cuddles, soft talking, maybe looking at a window)
Back to sleep

tip:

Stay calm and be flexible. If baby won't sleep, try a baby carrier, pram or cuddle.

Late Afternoon

(3:00–5:00 PM)

Most babies are fussy around this time

Routine:

Dimmer lights
Skin-to-skin
Short wake window
Feed on cue
Back to sleep

tip:

Keep stimulation low, start dinner

Early Evening

(5:30–8:00 PM)

Unwind

Routine:

Feed
Warm bath (optional)
Fresh diaper + pajamas
Feed again
Swaddle
Sleep

tip:

Dim the lights, play a lullaby, use a white noise machine, sing or read a story

Overnight

(Every 2–4 Hours)

Feed → Change → Sleep

Routine:

Feed
Burp
Diaper (if needed)
Back to sleep

tip:

No play. No stimulation. Keep it quiet and dark.



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