

Build
your
baby's
day

Structure your baby's day in a way that supports ALL areas of development.

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Gives you and your baby the flexibility that newborn life demands!

You can feel confident knowing your newborn is getting all the experiences they need to develop and thrive.

LEARN HOW TO:

Build Your Baby's Day

1. Write down your baby's schedule for the day (or anticipated schedule) in the schedule template (include feedings and naps).
 - a. This can be flexible based on your feeding style, baby's personality, and personal mama preferences.
 - b. Many babies follow a eat, awake/play, sleep routine.
2. Figure out how many "awake" periods your baby will have during the day.
 - a. Most newborns are awake 30 minutes to an hour after eating (progressively increasing their awake time as they get older).
 - b. You could have 4-5 awake times to fill in your day depending on your baby's schedule.
3. Use the 'Build Your Baby's Day' categories to fill each awake slot.
 - a. Movement— floor play, batting at toys, holding toys, kicking legs, etc.
 - b. Music— listening to music, singing, shaking rattle, etc.
 - c. Water Play— splashing, patting water, kicking in water, etc.
 - d. Sensory Play— touch and feel book, feeling different textures, etc.
 - e. Thinking— reading books, peek a boo, cause and effect toys, etc.
 - f. Outdoor Time— go for a walk, sit on the porch, play on a blanket, etc.
4. Focus on engaging in activities with your baby that relate to that category during each awake time.

EXTRA DEVELOPMENTAL TID BITS

- Use the category worksheet to jot down activity ideas and things your baby enjoys.
- Check off the tummy time and sidelying play logs every time your baby gets playtime on their tummy or sides.
- Be flexible! If something doesn't work, or your baby is fussy and just not interested, that's okay!
- Introduce new things to keep things interesting, but your baby also learns from repetition. It's okay to do the same activity multiple times.

DATE:

MTWRF
Sat Sun

6:00 AM

6:30 AM

7:00 AM

7:30 AM

8:00 AM

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

12:30 PM

1:00 PM

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4:00 PM

4:30 PM

5:00 PM

Tummy Time
Play Log

Sidelying
Play Log

Notes

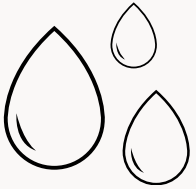
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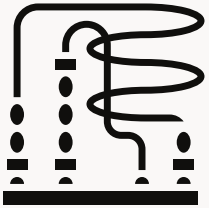
Movement



Music



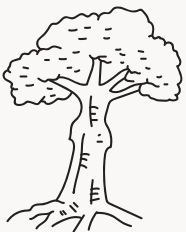
Water Play



Sensory Play



Thinking



Outdoor Time