

# Milani's Schedule

AGE: 6 Months

TIME	FUNCTION	SPECIFIC INSTRUCTION
Between <b>8AM-8:30 AM</b>	WAKE UP TIME then potty	She wakes on her own. Immediately put her on the potty.
<b>8:30 AM</b>	MEAL Breakfast	<b>Spoon feed then bottle</b> (1 scoop formula, 4tsp Rice Cereal, 1oz Boiling water, 1oz Applesauce) (5oz water, 5 Scoops Formula, 1/2 tsp Rice cereal, 1/4 tsp Infant probiotic)
<b>9:15 AM</b>	POTTY give praise when she goes!	Use infant potty seat. Afterward rinse with water and dump in toilet. Then use Lysol wipes to clean potty and seat, then rinse again.
<b>9:30 AM</b>	ACTIVITY	Outside walk, tummy time, music, learning dvd, etc...
<b>10:30 AM</b>	ALONE TIME	Bouncer in her room with Learning DVD or music with human voice. Move Bouncer to middle of the room. Turn on space heater if necessary. Be sure to turn on monitor.
<b>12:00 PM</b>	NAP TIME	<b>90 mins – 2 hours in her crib.</b> Place her on potty before nap and immediately after she wakes.
<b>2:15 PM</b>	MEAL Lunch	<b>Spoon feed then bottle</b> (1-2oz home made baby food. Warm in steamer) (5oz water, 5 Scoops Formula, 1/2 tsp Rice cereal)
<b>2:45 PM</b>	POTTY give praise when she goes!	Use infant potty seat. Afterward rinse with water and dump in toilet. Then use Lysol wipes to clean potty and seat, then rinse again.
<b>3:00 PM</b>	PLAYTIME	Learning video on Ipad while in her high chair in front of the kitchen fishtank or Sing ABC's and numbers (English and Spanish), etc., tummy time with blocks, Kissing, hugging loving time! Read storybook, etc
<b>4:30 PM</b>	SNACK	Homemade applesauce and water
<b>5:00 PM</b>	CAT NAP TIME	<b>30 mins in her crib.</b> Place her on potty before nap and immediately after she wakes.
<b>6:15 PM</b>	MEAL Dinner	<b>Spoon feed then bottle</b> (1-2oz home made baby food. Warm in steamer) (5oz water, 5 Scoops Formula, 1/2 tsp Rice cereal)
<b>7:15 PM</b>	BEDTIME Routine Begins	<ul style="list-style-type: none"> <li>- Dim lights in nursery, play music (Gospel or Nursery Music)</li> <li>- Bath or wipe down, wash face, clean nose, massage body with shea butter or coconut oil</li> <li>- Add water to diffuser and 10 total drops of essential oils</li> <li>- Turn space heater on if necessary</li> <li>- Read Story book</li> </ul>
<b>8:00 PM</b>	SLEEP!	Place her on potty before bed.

## NOTES

Clean her face with a washcloth (warm water) after every meal and then apply shea butter. Wet the same washcloth with cold water and clean inside his mouth.

Please clean up after yourself and the baby. (Place dirty bottles in the sink, put toys back when finished, place soiled clothing in baby hamper, etc.)

Apply oils when necessary and always follow proper dilution ratios.

