4-hour E.A.S.Y. routine

For babies 4 months and older

E EAT	A ACTIVITY	S SLEEP	Y YOU

	TIME	RHYTHM	A LITTLE MORE DETAIL
E	7:00 am	Wake up & feed	
A	7:30 am	Activity	
S	9:00 am	Nap	1.5–2 hours
Y	After nap	Your choice	
E	11:00 am	Feed	
A	11:30 am	Activity	
S	1:00 pm	Nap	1.5–2 hours
Y	After nap	Your choice	
E	3:00 pm	Feed	
A	3:30 pm	Activity	
S	5:00–6:00 pm	Catnap	Most babies drop this between 6–8 months, but there are many variations
Y	After catnap	Your choice	
E	7:00 pm	Feed	Cluster feed at 7:00 and 9:00 only if going through a growth spurt
A	After feed	Bath	
S	7:30 pm	Bedtime	
Y	Evening	The evening is yours!	
E	11:00 pm	Dream feed	Until 7 or 8 months, or whenever solid food is firmly established

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Daytime E.A.S.Y. log

6:00 am – 5:30 pm

DATE ____ / ____ / ______

M T W T F S S

TIME	NURSE L / R	BOTTLE	OZ / ML OR MINS	PEE	POOP	WHAT & HOW LONG?	SLEPT FROM	TOTAL TIME	R&R
6:00	L R								
6:30	L R								
7:00	L R								
7:30	L R								
8:00	L R								
8:30	L R								
9:00	L R								
9:30	L R								
10:00	L R								
10:30	L R								
11:00	L R								
11:30	L R								
12:00	L R								
12:30	L R								
1:00	L R								
1:30	L R								
2:00	L R								
2:30	L R								
3:00	L R								
3:30	L R								
4:00	L R								
4:30	L R								
5:00	L R								
5:30	L R								
TOTAL									

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Nighttime E.A.S.Y. log

6:00 pm – 5:30 am

DATE ____ / ____ / ______

M T W T F S S

TIME	NURSE L / R	BOTTLE	OZ / ML OR MINS	PEE	POOP	WHAT & HOW LONG?	SLEPT FROM	TOTAL TIME	R&R
6:00	L R								
6:30	L R								
7:00	L R								
7:30	L R								
8:00	L R								
8:30	L R								
9:00	L R								
9:30	L R								
10:00	L R								
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1:00	L R								
1:30	L R								
2:00	L R								
2:30	L R								
3:00	L R								
3:30	L R								
4:00	L R								
4:30	L R								
5:00	L R								
5:30	L R								
TOTAL									

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Notes & guidance

A little space for the details of your day

NOTES

SUPPLIES NEEDED

Baby Whisperer top tips

Gentle reminders for everyday moments

EAT

- Establish a good milk supply and comfortable feeding position; check out feeding positions in a reliable parenting blog.
- Learn to recognize your infant's feeding cues, such as rooting and frantic searching for the nipple.
- Effectively help your baby relieve gas by learning proper burping techniques; closely observe your baby for cues.
- Engage in lots of eye contact, smiling, and head sniffing during feeding for a positive bonding experience.

ACTIVITY

- Prioritize floor time for your baby, limiting the use of chairs and devices for propping up.
- Spend quality time smiling and gazing at your baby to promote emotional connection.
- Create safe floor spaces for age-appropriate developmental play.
- Embrace silliness; be playful and enjoy light-hearted moments with your baby.

SLEEP

- Learn to read your baby's sleepy signs, including yawning and changes in gaze.
- Watch for three big yawns as an indicator to head to bed for sleep.
- Recognize the "zone" when your baby stares with a focused gaze, indicating a need for rest.
- Pay attention to the nodding-off phase, where infants may close their eyes and head into dreamland.

YOU

- Prioritize rest; understand the importance of easing into your role as a new mother.
- Acknowledge your responsibility for this new life and give yourself the grace to adapt.
- Engage in small tasks to maintain a sense of accomplishment.
- Spend quality time with your partner for support and connection.