

## How to Use the *Baby's Schedule Tendencies* Worksheet

1. Print the worksheet with your margins set as wide as they will go to maximize print space. Unfortunately, due to the number of hours in a day, it will print in two pages, and you will need to attach the two pages together, as if you were making a banner.
2. Watch the clock and take note of what your baby is doing at all times during the day. Using the color key at the top of the chart, color in each square according to what your baby was doing at that time. (While this chart functions in half hours, we all know babies do not. If your baby was sleeping at 2:00, but awoke and ate at 2:30, color half the box green and the other half purple.)
3. Make note of any irregularities in your day in the notes section. This may include outings, teething, visitors, or anything that may affect your baby's normal comfort level or sleep quality.
4. By the time you have completed two weeks of monitoring your baby's schedule, you probably will have noticed some pretty obvious schedule consistencies. Respect these scheduling needs. Make sure you make it possible for your baby to have his/her sleeping and eating needs met when he/she needs it.
5. If you notice that a normal week for your baby includes more irregularities (especially outings), you may need to rethink your schedule in order to protect your baby's needs.
6. You may need to repeat this worksheet several times throughout your baby's first 18 months of life, as his/her scheduling needs change.

### Example Worksheet:


Date	← am												→ pm													
	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30
	Green	Green	Purple	Blue	Green	Green	Green	Green	Blue	Blue	Purple	Red	Green	Green	Green	Green	Green	Green	Green	Green	Purple	Blue	Blue	Red	Purple	Green
	Purple	Green	Green	Blue	Blue	Green	Green	Green	Purple	Blue	Blue	Purple	Green	Green	Green	Green	Green	Green	Green	Green	Green	Purple	Blue	Blue	Purple	Green
	Green	Purple	Blue	Blue	Green	Green	Green	Purple	Blue	Blue	Red	Purple	Green	Green	Green	Green	Green	Green	Green	Green	Green	Purple	Blue	Purple	Green	Green

## Baby's Schedule Tendencies

 = sleeping

 = eating

 = awake/happy

 = crying/fussy

[illegible]

Date:

**Notes:**

[illegible]

[illegible]