



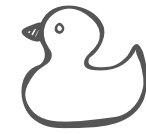
My Twins

First Month Home Daily Schedule

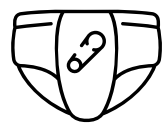
Sample Schedule Based on 3hr Feedings*

6am

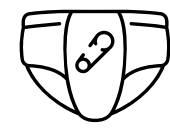
6pm



7am



7pm



8am

8pm

9am



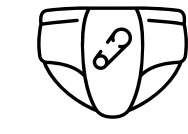
9pm



10am



10pm



11am

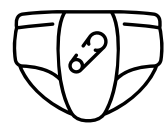


11pm

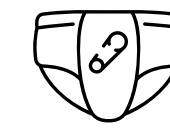
12pm

12am

1pm



1am



2pm

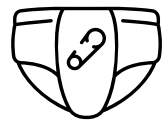
2am

3pm

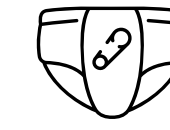


3am

4pm



4am



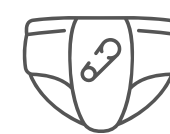
5pm



5am



Feed breast and/or bottle



Change



Go Outside



Sponge Bath




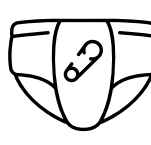

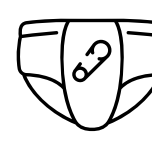



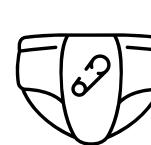

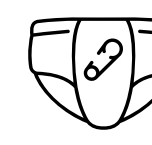


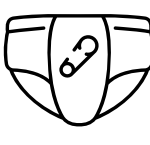

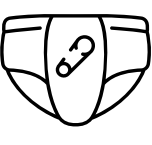


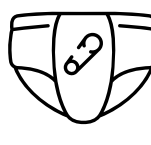

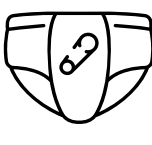


Take Care of Yourself

***Always check with your doc about schedule specifics for your particular twins**



Second Month Home Daily Schedule

Sample Schedule Based on 3hr Feedings*

6am		6pm	
7am	 	7pm	 
8am		8pm	
9am		9pm	
10am	 	10pm	 
11am		11pm	
12pm		12am	
1pm	 	1am	 
2pm		2am	
3pm		3am	
4pm	 	4am	 
5pm		5am	

 Feed breast and/or bottle

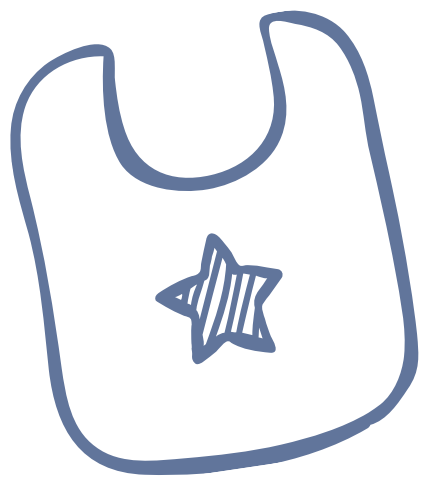
 Change

 Go Outside

 Sponge Bath

 Take Care of Yourself

*Always check with your doc about schedule specifics for your particular twins



My Twins

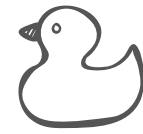


Third Month Home Daily Schedule

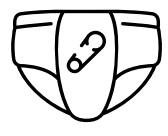
Sample Schedule Based on 3hr Feedings*

6am

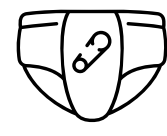
6pm



7am



7pm



8am

8pm

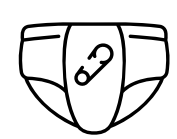
9am



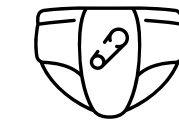
9pm



10am



10pm



11am

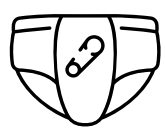


11pm

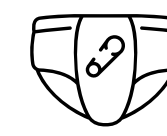
12pm

12am

1pm



1am



2pm

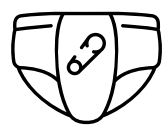
2am

3pm

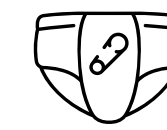


3am

4pm



4am



5pm



5am



Feed breast and/or bottle



Change



Go Outside



Sponge Bath




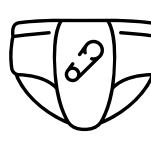

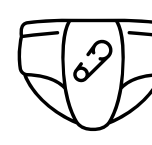



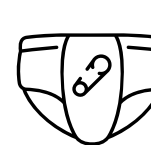

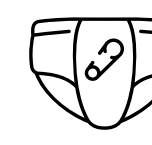


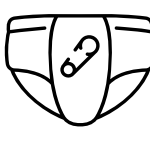

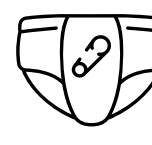


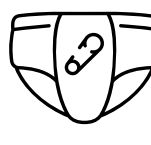

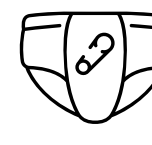


Take Care of Yourself

*Always check with your doc about schedule specifics for your particular twins



Fourth Month Home Daily Schedule

Sample Schedule Based on 3hr Feedings*

6am		6pm	
7am	 	7pm	 
8am		8pm	
9am		9pm	
10am	 	10pm	 
11am		11pm	
12pm		12am	
1pm	 	1am	 
2pm		2am	
3pm		3am	
4pm	 	4am	 
5pm		5am	

 Feed breast and/or bottle

 Change

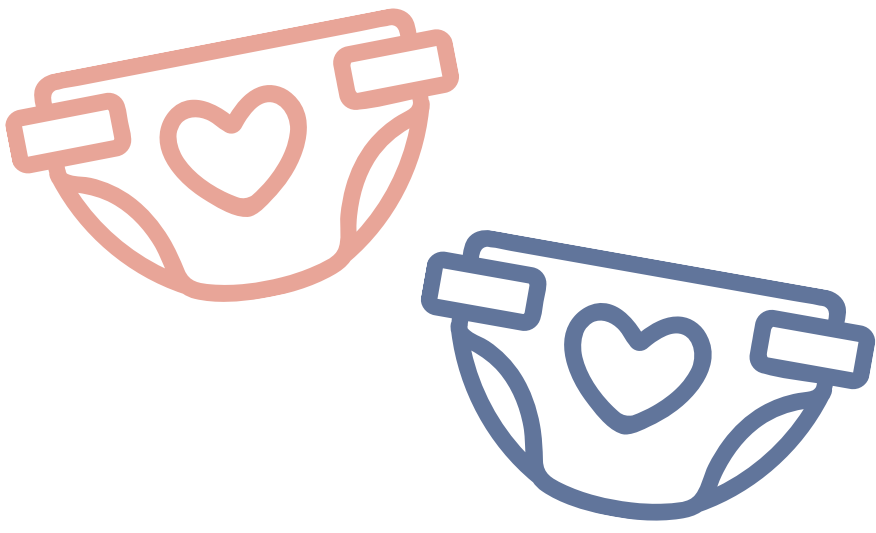
 Go Outside

 Sponge Bath

 Take Care of Yourself

***Always check with your doc about schedule specifics for your particular twins**





My Twins

Fifth Month Home Daily Schedule

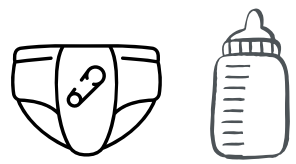
Sample Schedule Based on 4hr Feedings*

6am

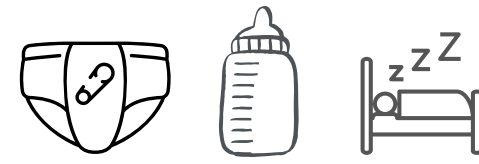
6pm



7am



7pm



8am



8pm

9am



9pm

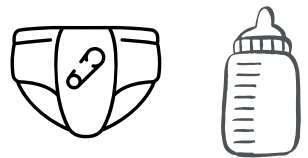


10am

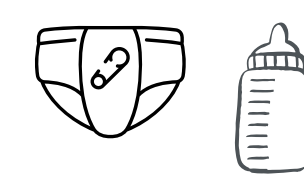


10pm

11am



11pm



12pm



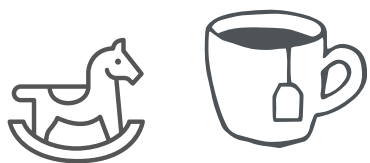
12am

1pm



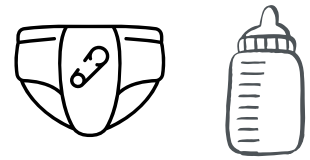
1am

2pm

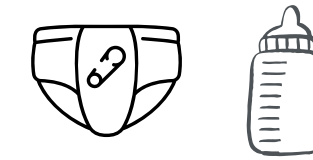


2am

3pm



3am



4pm

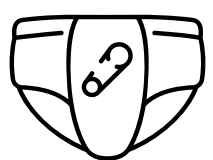


4am

5pm



5am



Diaper change



Go outside



Bed time



Read



Feed breast/bottle



Naptime



Bath



Play time



Take a moment

*Always check with your doc about schedule specifics for your particular twins