

## Baby Sleep Routine Chart

### Baby Sleep Routine Chart

| Time    | Routine Step               |
|---------|----------------------------|
| 6:30 PM | Bath time                  |
| 6:45 PM | Put on pajamas & diaper    |
| 7:00 PM | Story time or lullaby      |
| 7:15 PM | Feed or nurse              |
| 7:30 PM | Rocking or quiet cuddle    |
| 7:45 PM | Lights out, white noise on |

Baby Sleep Log

Baby Sleep Log

| Date | Nap #1 | Nap #2 | Nap #3 | Bedtime | Night Wakings | Notes |
|------|--------|--------|--------|---------|---------------|-------|
|      |        |        |        |         |               |       |
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## **Affirmations for Tired Moms**

### **Affirmations for Tired Moms**

- I am doing my best, and that is enough.
- This phase is temporary, and I am strong.
- My baby feels loved and safe in my arms.
- Even on hard days, I am a good mom.
- Rest will come, and I will get through this.