Baby may wake multiple times, e, leepingtrip another room and breath or take a walk to the park. it'**Daily Survival Routine**

**Morning (6–9 am)**

* Wake, nurse/bottle feed baby.
* Toddler breakfast (keep it simple: fruit + yogurt, toast, or cereal).
* Baby in swing/playmat while toddler eats.
* Brush teeth, get dressed together.

**Mid-morning (9–11 am)**

* Baby nap.
* Special toddler time: puzzles, blocks, or a sensory bin (dry pasta, water table, etc.).
* Use this window for coffee, dishes, or shower while toddler plays near you.

**Late morning (11 am–1 pm)**

* Baby feed + tummy time.
* Toddler snack/lunch.
* Head outside if possible (fresh air early helps).
* Toddler may nap around this time, try to overlap baby’s nap if possible.

**Afternoon (1–4 pm)**

* Nap overlap (if you’re lucky). You: rest, eat, or do one “reset” chore.
* If only one naps, set up “quiet time” toys for the awake one (stickers, books, stacking cups).

**Late afternoon (4–6 pm)**

* Short walk, backyard play, or stroller ride to survive the “witching hour.”
* Feed baby, give toddler a snack.
* Toddler “helping time”: let them “help” with dinner (mixing, pouring, taste-testing).

**Evening (6–8 pm)**

* Family dinner (don’t stress if it’s leftovers or sandwiches).
* Bath both kids together (saves time) or do every other night.
* Bedtime routine:
	+ Toddler: pajamas, story, bed.
	+ Baby: feed, swaddle, bed.

**Night (8 pm–6 am)**

* Baby may wake multiple times, tag team with partner if possible.
* Keep nighttime feeds dark, quiet, and quick.