## **A formula-feeding mom of a 2-month-old and an older child**

**5 a.m.:** Early-morning feeding. Chad gets 4 to 6 ounces of formula. He tends to fall back to sleep after this bottle, which lets me get more sleep!

**8 to 9 a.m.:** He wakes up and gets another bottle.

**9 a.m. to 12 p.m.:** Playtime. I try to spend as much time playing with my daughter as possible. She's going through a baby stage right now and likes to be rocked, which is really tough, especially when I'm feeding my son. She doesn't understand that I need to focus on him because he's a baby.

What works best is putting my son in the front carrier so I have my hands free to play with my 2-year-old, especially when my son is fussy and won't lie down or sit in his swing. He loves to be held and close to me.

**12:30 p.m.:** My daughter and I eat lunch. Chad gets a bottle and falls asleep. My daughter takes her nap after lunch as well.

**4 p.m.:** Chad gets a bottle.

**4:30 p.m.:** Playtime. After my daughter wakes from her nap, I usually take her outside with the baby so we can all play for about an hour before dinner. My husband gets home around this time, and he will usually play with both kids while I clean up around the house, do dishes, and so on.

**6 to 7 p.m.:** Dinner.

**7 to 8 p.m.:** Chad gets a bottle and sleeps. My daughter is usually watching one of her shows or playing in her room by this time.

**8 to 9 p.m.:** Bath time and bedtime for my daughter.

**12 a.m.:** Chad gets a bottle, then it's time for me to go to sleep.

**3 a.m.:** Chad gets a bottle.