Gentle Parenting Daily Routine Planner

Time of Day	Newborn Routine	Toddler Routine
Morning (6:00 AM - 9:00 AM)	- Feeding session (breastfeeding or bottle).	- Wake-up routine with cuddles and gentle greetings.
	- Diaper change and hygiene care.	- Healthy breakfast (e.g., scrambled eggs, fruit slices).
	- Bonding activities like singing or speaking softly.	- Morning hygiene—brushing teeth, washing face, and dressing up.
	- Short tummy time or sensory activity with toys/images.	- Structured play (e.g., puzzles, coloring, or building blocks).
Mid-Morning (9:00 AM - 11:00 AM)	- Nap time (observe sleepy cues).	- Outdoor play (e.g., park visit or exploring backyard).
	- If awake, engage in gentle sensory activities (e.g., soft music).	- Snack time with healthy options like crackers or fruit puree.
Lunch (11:30 AM - 12:30 PM)	- Feeding session with soothing comfort afterward (e.g., rocking or swaddling).	- Nutritious lunch (e.g., veggie pasta or finger foods).
	- Gentle bonding moments with soft words or eye contact.	- Quiet time—reading books or listening to simple stories.
Afternoon (1:00 PM - 3:00 PM)	- Nap session to recharge (longer afternoon naps are common).	- Naptime with relaxation aids (e.g., gentle music or white noise).
	- If awake, sensory play with floor mats or mobiles.	- Post-nap solo play with toys or art supplies (e.g., coloring books).
Evening (3:30 PM - 6:30 PM)	- Feeding session with soft bonding like massage or gentle stretching.	- Dinner with healthy foods and family connection activities.
		- Family bonding activities—dancing, singing nursery rhymes, or storytelling.
Bedtime Routine (7:00 PM - 8:30 PM)	- Bath time with warm water followed by gentle lotion application.	- Bath time with toys or bubbles to make it enjoyable.
	- Final feeding session for the night.	- Pajamas, bedtime story, and consistent nighttime routine (e.g., soft toy).
	- Use a lullaby or calming music to ease into sleep.	- Turn off lights and ensure a comforting sleep environment.
"Every moment is an opportunity to nurture connection and growth."		