

Everyday Schedule for Twin Infants

<u>Time</u>	<u>Task</u>
6.30 am	Feed the babies & Change the nappies
7.15 am	Put them to sleep
7.30 - 8.45 am	Finish your morning routines, breakfast etc.,
8.45 am	Feed the babies
9.30 - 10.00 am	Play time for the babies
10.00 am	Bathe the babies and change the nappies
11.00 am	Feed the babies
11.45 am	Put them to sleep
12.00 - 2.00 pm	Finish house hold works, Lunch etc.,
2.00 pm	Feed the babies & Change the nappies
2.45 - 3.30 pm	Play time for babies
3.30 pm	Put them to sleep
4.00 - 5.00 pm	Take rest or do left over chores
5.00 pm	Feed the babies
6.00 pm	Give them a clean towel bath and change their nappies
6.30 pm	Put them to sleep
6.45 - 8.00 pm	Finish dinner and other chores
8.00 pm	Feed the babies
8.30 - 10.15 pm	Play time for babies
10.30 pm	Feed the babies & Change the nappies
11.15 pm	Put them to sleep and go to sleep
3.00 am	Feed the babies & Change the nappies
3.45 am	Put them to sleep