

### My typical schedule:

7:00am--up, prepare Sam's food if needed.

7:30am--one of the boys might be up, change his diaper. Have the other one up by 8:00. If Jack is up first, he can have his milk and/or eat breakfast too.

8:00am--other kid up, change his diaper. Play

8:30am--start Sam's session. after, play, watch Baby Signing Time, etc.

10:00am--while boys are playing, go measure out Sam's 11:00 tube feed. Wash the port if you haven't yet. Prime port with water.

10:30am--hook Sam up to port, set pump to rate: 195, dose: 100, and set by crib. Bring boys up to nap. Change diapers if they have not been changed recently.

11:00am-- start Sam's tube feed. (while he's sleeping) rate: 195, dose: 100

While boys are napping, clean up, the usual...

12:00pm--both boys usually up. Jack has lunch.

1:30pm--Sam fed.

2:10pm--change diapers if haven't been changed recently, nap time.

3:45pm--both boys usually up, have them play, prepare Sam's food.

4:00pm--Sam fed. Jack usually has a snack and some milk.

4:35pm--after Sam is fed, change diapers.

5:30pm-- Measure out 445cc. boost/pediasure and rest formula. Program rate of 35cc/hr and dose 430cc. Measure 445 to make sure it doesn't run out.

7:30pm--bring upstairs, bath... after, bring into room, have only the side table lamp on, change into PJ's, brush teeth, read story, and turn on Sam's mobile. Bedtime ~8pm!

### **Other info:**

\*Sam needs to have his mobile on to sleep.

\*Sam's crib is elevated. See picture I texted you.

\*Please record Sam's vomiting. See sheet.

\*Always, always flush Sam's port w/ ~3-4cc of water after every tube feed. This is so it doesn't get all gunky!

\*If Sam starts vomiting uncontrollably, looks different, eyes grow heavy... bring him to ER right away and tell them you need a shunt series. Have CD of his cat scans with you.