**Information about Eleanor**

**General Information**

* Ellie is 15 months old; she was born on May 19, 2012
* Maria’s Cell Phone: 608-224-9365 Work: 608-283-6426
* Brian’s Cell Phone: 262-308-2822 Work: 608-830-6153
* Eleanor’s Doctor: Dr. Ann Evensen
	+ UW-Verona Clinic
	+ (608) 845-9531
* Address is 532 Goldenrod Circle, Verona, WI 53593

**Milk**

* Ellie generally has a sippy cup with milk when she wakes up, mid morning, after her afternoon nap, and around 5:00

**Food**

* Ellie eats breakfast (7:30 am); Morning Snack (9:30 or 10) Lunch (11:30 or noon); Afternoon Snack (2:30 or 3:00); Dinner (between 5:30 and 6:00)
* She can have water in a sippy cup with lunch and dinner

**Sleeping**

* During the day Ellie will sometimes take a short morning nap around 9:30 or 10:00 and a longer afternoon nap around 12:30 or 1:00pm
	+ After 30 minutes please wake her up from her morning nap…that way she will take a longer afternoon nap
* For a nap you can tuck a light weight blanket around her; For nighttime please put her in a sleep sack
* If Eleanor is having a difficult time going to sleep you can put on the white noise in her room
* Eleanor falls asleep with 2 nooks and her bunny

**Diaper Changing**

* We change her diaper after each time she wakes up from a nap or bedtime and when we notice it is wet or dirty throughout the day

**Ways to Soothe Ellie**

* Nook
* Soft Blanket
* Reading a book
* Singing
* White Noise
* Stuffed Animals

**Other information**

* Ellie loves playing outside, we will put on her shoes, sunhat and sunscreen and play in the yard or a nearby park
* She loves to “dance” to music, play with her toys, read books and play ball
* Eleanor can play games such as peek-a-boo and is starting to stack blocks and play with legos

**Eleanor’s General Schedule**

6:15-6:45 -Morning Routine

* Wake up, sippy with milk, get dressed

7:00- Breakfast

* Baby Cereal and fruit, toast with butter or fruit pieces

9:30 or 10:00- Snack & Short Nap

* Snack can be before or after her nap
	+ Yogurt or Cheerios
* After 30 minutes please wake her up
* Sippy of milk when she wakes up

11:30-Lunch

* Finger foods such as fruit and veggies, cheese, lunch meat, beans, soup, pouch of food
* Sippy Cup with Water

12:30-2:30 Nap

* She can sleep as long as she wants for this nap

3:00-Snack

* Cut up fruit or a veggie; cheese and crackers; yogurt
* Sippy of milk

Between 5:30 and 6:00-Dinner

* Veggies, Meat or Beans, Fruit and Cheese or Yogurt
* Sippy Cup with Water

6:45- 7:15: Bedtime Routine

* Bath, PJ’s, read a few books, put on white noise and put into bed
* Eleanor can have 2 nooks and her bunny
* Eleanor will may take awhile to go to sleep
* We put her down, let her talk/cry for 15 minute increments and then go in and soothe her by putting the pacifier back in, rocking her for a bit or rubbing her back
* Generally she will fall asleep within 15-30 minutes of being put into her crib at night

By 7:30pm-Sleeping