

The Essential Infant Resource Presents...



Your Route for a
Perfect Routine at...

.... One Month Old

Sleepy Head

Your newborn will sleep a total of 16 to 18 hours every day. This translates into 8.5 - 10 hours of sleep at night, which will be interrupted 2 or three times with feedings.

He will also require 6-7 hours of sleep during the day, split into three to four naps. Each nap should last anywhere from two to three hours.

This may seem like a lot of sleep, but newborns are just starting to jump into the next phase of development and their brains and bodies need a lot of rest.

Hungry Monster

If you're breastfeeding, expect to put him on the breast every 1.5 hours. **Never allow your newborn to go more than 3 hours without eating**, even if you have to wake him up in the middle of the night. He is too little to attempt "sleeping through the night".

Formula-fed babies will eat less, since formula is heavier than breastmilk. They should eat 2-3 ounces every three to four hours, averaging around 6-8 feedings a day.

Playtime is Braintime

At this young age, keeping your baby awake is more challenging than getting him to sleep. At this young age, try to have an hour between the end of a nap to the beginning of the next nap.

I used to blow gently on her cheeks to keep her awake during feedings, and even stripping her down to her diaper and placing her under a light blanket (not cold, but not "cozy" either).

However, you shouldn't have more than two hours of awake time between naps, as your baby will become over-stimulated and will be harder to get to sleep.

This is also a great time to introduce "tummy time". Three to five minutes on the tummy a few times a day will help build up her neck muscles. Yes, she will H.A.T.E. it.

But if you lie on your tummy too, she may be so engrossed at looking at your face that she may forget to cry...maybe...

...Two Month Old

Sleepy Head

The two month old baby will require the same amount of sleep as the one month old (8.5 - 10 hours) at night, except that they should be averaging 1 or 2 "wake up mommy" feedings instead of the 2-3 required by younger newborns.

Somewhere around the 6 week mark, your infant will surprise you by sleeping 4-5 hours straight without requiring a feeding.

(Yes, you'll panic and feverishly watch the video monitor to make sure he's breathing. It happens to all of us.)

When that happens, start taking particular attention to his sleeping patterns, writing them down in your tracker of choice.

In terms of naps, he'll still be napping 6-7 hours a day, split into 3 to 4 naps. These naps will still be fairly disorganized, as his brain starts to understand the difference between daytime sleeping and nighttime sleeping.

Hungry Monster

Breastfed babies will need to eat every 2 - 2.5 hours, although some can go as long as 3 hours between feedings. Formula fed babies will down around 4 ounces of formula every 3 - 4 hours. In all, babies at this age should average 8-12 feedings every 24 hours.

Playtime is Braintime

Continue your tummy time activities starting in the first month, perhaps adding a few other [milestone magic toys](#) to get your baby's synapses firing.

.....*Three Month Old*

Three months is a common "growth spurt" month where you may notice he's sleepier, hungrier, and crankier than normal. Go with the flow, follow his cues, and within a few days to a week things will be back to normal. (And he may have finally rolled over!)

Sleepy Head

For the most part, your three month old will sleep around 10 hours at night, 6-8 of those may even be consecutive! If you haven't set up a bedtime routine yet, now is the perfect time to do so. Pick a few "habits" to start with, and build from there.

Bedtime should be roughly (within 15-20 minutes) the same time every evening. The routine is his cue that "nighttime sleep" is approaching and is very important in help him distinguish that it's time for him to sleep for a LONG time without waking.

In regards to "daytime sleep, he should be napping around 5 hours every day. The morning nap should be landing around the same consistent time around the 12th week (the afternoon nap will probably still be floating around a bit). The morning and afternoon nap is generally around 1.5 - 2 hours, with a *late* afternoon nap (3:30 or 4:00) around 45 minutes to an hour long.

Hungry Monster

The breastfed baby will need to eat every 3 hours, but not as frequently at night. The bottle-fed baby will eat 4-5 oz every three to four hours.

Playtime is Braintime

You'll notice that he will start becoming much more active during the day, exploring more with fingers, smiling and engaging you with noises. This is also around the time that he starts figuring out his own natural sleep-wake rhythms.

Your challenge at this age is to subtly adjust and mold that sleeping rhythm into a flexible schedule. It is very possible that a well-rested baby can stay awake for three hours (max) during the day. However, watch him closely for cues to avoid letting him get overtired.

.....*Four and Five Month Old*

This is often one of the hardest adjustment times of baby-dom. Why? Because this is when many moms have to go back to work. If this is you, check out my *Neat-Cheat-Sheet for*

Juggling a Job with Your Routine (located on the newsletter) for tips on how to keep the routine rhythm going strong.

Sleepy Head

A four month old can go 8 hours between feedings a night, and a five month old can go 10-11 hours. Again, if your baby is struggling with this, check out my favorite resources for effective sleep training. (Located in *The Merry Mother* issue #32.)

In the world of "Naps", expect 3 naps totaling 4-5 hours. The day of the short "catnap" are over. Your baby needs long predictable naps at this age. The morning and afternoon naps should be 90 minutes or longer.

This is also the time to start nursing and offering bottles at the *end* of the nap, upon waking, instead of at the beginning. This crucial transition helps your infant understand that he doesn't have to be suckled to get drowsy and go to sleep.

Hungry Monster

He should be breastfed at least 5 times a day, roughly every 3-4 hours. If you're using formula, by the end of the 5th month he should be drinking 6 - 8 oz. at a time, and average 4 - 5 feedings every 24 hours.

Playtime is Braintime

At this age he begins to understand the concept of object permanence and cause/effect. Play games (peek-a-boo, etc.) or use [developmental toys](#) that will work on these brain skills.

...Six to Eight Month Old

Sleepy Head

Most babies at this age are physically able to average around 11 hours every night of uninterrupted sleep. Traditionally, well-rested babies in this age group will rise sometime after 6:00 am, with the bedtime routine beginning around 7:00 pm.

They will take 2- 3 naps every day, the morning and afternoon naps will average 2 hours, with the late afternoon nap around 45 minutes. The third nap will become optional. If your baby doesn't seem drowsy in time for bed at 7:00, then drop the third nap.

Hungry Monster

Most doctors recommend introducing solid food at around 6 months, so this will be the time you'll want to solidify the mealtime routine. Establish a breakfast, lunch, and dinner time, with a bottle or nursing after each nap and before bed.

Keep in mind that although he's starting solids, his *nutrition* will still come mostly from breast milk or formula.

Playtime is Braintime

After the morning nap, try to keep him up for 2- 3 hours of wake time before the start of the afternoon nap. This would be the perfect time for errands and grocery shopping! (Just don't let him sleep in the car...)

... Nine to Twelve Month Old

Sleepy Head

Your baby will average around 11 hours of sleep at night - uninterrupted. She will also take two naps during the day, both between 1.5 and 2 hours in length.

The closer she gets to her first birthday, the shorter her morning nap will become, until it's closer to 1 hour in the morning and 1.5 hours in the afternoon.

Hungry Monster

Besides the established mealtimes, include two "snacktimes" after naps to provide an extra nurse or bottle, along with a bottle before bed.

Playtime is Braintime

Babies at this age are usually very curious and starting to become mobile. If you haven't already, [babyproof your home](#) to get ready for the upcoming 2-foot-fall invader!

... Beyond the First Birthday

Sleepy Head

Your baby will still need an average around 11 hours of uninterrupted sleep at night.

Children at the younger end of this spectrum may still need a nap in the morning, you'll need to rely on his cues to determine if he's ready to drop it.

However, the further he gets from his first birthday, the more likely he'll be ready to consolidate into one, longer (2 to 2.5 hour) nap in the afternoon.

It is also common for babies to start having sleep troubles around this time. A lot is going on in your toddler-to-be at this age. A soothing bedtime routine is a MUST at this age.

For help navigating these difficult sleep times, refer to my "resources" in the *Merry Mother* issue you were reading before you opened this document.

[Hungry Monster](#)

Your baby's nutrition is now mostly coming from solids, and not milk. Most doctors (but talk to yours) recommend switching to whole milk around this time (if he's weaned), giving between 18 to 24 ounces every day.

Personally, I keep one container of toddler formula on hand for out-of-milk emergencies, and travel conveniences.

[Playtime is Braintime](#)

This the perfect age to introduce board books (if you haven't already). Learning to turn pages is an important developmental skill, and looking at pictures while you read is a proven brain-booster.

Even though he's gone to one nap a day, place him in a Quiet Time for at least 15 minutes (working up to one hour) every morning.

Place some baby-safe toys and boardbooks in his crib, with some nice soft music playing. This will teach him how to entertain himself quietly in his room, and give yourself a much-needed late morning break!