

General Guidelines for Babies

Sleep, Play and Feeding Routines

Age	Routine	Sleep Pattern	Awake Time Between Sleeps	Time in Bed
0 to 6 weeks	Feed ⇒ Cuddle ⇒ Sleep	16 ½ hours within 24 hours	45 minutes to an hour	1 ½ to 3 hours
6 to 12 weeks	Feed ⇒ Play ⇒ (B/F) Cuddle ⇒ Sleep	15 hours within 24 hours 3 to 4 day sleeps	1 to 1 ½ hours	1 ½ to 3 hours
3 to 4 months	Feed ⇒ Play ⇒ (B/F) Cuddle ⇒ Sleep	8 to 10 hours at night (including 1 night feed) 2 to 3 day sleeps	1 ½ to 2 hours	1 ½ to 2 ½ hours
4 to 6 months	Play (5 to 15 mins) Feed ⇒ Play ⇒ (B/F) Cuddle ⇒ Sleep	8 to 10 hours at night (possible night feed) 2 to 3 day sleeps	2 to 3 hours	1 ½ to 2 hours
6 to 10 months	Play (15 mins plus) Feed ⇒ Play ⇒ (B/F) Cuddle ⇒ Sleep	11 to 12 hours at night (optional night feed) 2 day sleeps OR 12 hours at night 2 day sleeps	3 to 3 ¼ hours	1 ½ to 2 hours
10 to 15-18 months	Toddler Routine*	12 hours at night 2 day sleeps	3 to 4 hours	1 ½ to 2 hours
15 -18 months+	Toddler Routine*	12 hours at night 1 day sleep	4 hours+	2 to 2 ½ hours in total