

Routines

Every home is unique, which means there's no one-size-fits-all approach to developing routines. Consider what's appropriate for the age of your baby and what works best in your home. At Karitane we recommend being responsive to the needs and cues of your baby.

WHAT TO EXPECT

- Anything you do consistently can be considered a routine.
- Babies grow rapidly and their needs can quickly change, so your routines are often changing.
- It can take your baby several months to get used to a routine, so be patient and support them as best you can while they adjust.

REALITIES

- Any routine needs to be flexible as circumstances change. Even a hot day could mean your baby will need an extra feed.
- Some changes are short term, such as illness, returning to work, teething or travelling. Begin putting the routine back in place as soon as possible. This will take consistency and time.

TIPS FOR ROUTINE DEVELOPMENT

- A daily routine of feed, play, sleep, good nutrition, physical activity and being outdoors is beneficial for your baby.
- You can develop a healthy routine by understanding your baby's cues.
- Watch for signs of hunger from your baby and respond by offering a feed (this may include solids from 6 months of age).
- Include play so your baby can develop and learn (when your baby is very young, playtime will be much shorter). Watch for signs of tiredness after play (this is a great time for a nap).
- Set realistic expectations for yourself and your baby, and be patient.

FLEXIBLE DAILY ROUTINE – FOLLOWING FEED, PLAY, SLEEP CYCLE

- Variations may be needed to meet your baby's needs.
- Up to 12 months of age, your baby may still wake at night for a feed.
- This is a guide only. It's important to respond to your baby's needs and cues.

AGE	FEED-PLAY TIME	SLEEP / REST TIME	AVERAGE NUMBER OF SLEEPS & FEEDS
0 - 6 weeks.	1 hour.	Ranging from 1½ - 3 hours.	5 - 6 sleeps & 6 - 10 feeds.
6 weeks - 3 months.	1 - 1½ hours.	1½ - 2½ hours.	4 - 5 sleeps & 6 - 8 feeds.
3 - 4½ months.	1½ - 2 hours.	1½ - 2½ hours.	3 sleeps in daytime & 5 - 6 feeds.
4½ - 6 months.	2 - 2½ hours.	1½ - 2 hours.	3 sleeps in daytime & 4 - 6 feeds.
6 - 9 months.	2 - 3 hours.	1 - 2 hours.	2 - 3 sleeps in daytime & 3 feeds.
9 - 12 months.	3 - 4 hours.	1 - 2 hours.	2 sleeps in daytime & 3 feeds.