

Your baby will communicate his need for sleep through **Tired Signs** and they include:

- **Clenched fists**
- **Facial contortions**
- **Jerky movements**
- **Grizzling or crying**
- **Yawning**
- **Rubbing eyes**
- **Staring**

Up to 6 months of age it is normal for your baby to have one unsettled period each day.

**Need Help?**

Don't hesitate to seek help from family, friends, your Child and Family Health Nurse or call the **Karitane Careline** on **1300 CARING (1300 227 464)**

## Flexible Daily Routine for Babies 0 to 6 Months

A Flexible Plan for Your Baby's Daytime Routine following a Feed-Play-Sleep Pattern. Variations may be needed to meet the individual baby's needs.

AGE	FEED-PLAY TIME	SLEEP/ REST TIME	AVERAGE NUMBER OF SLEEPS
0 - 6 weeks	Around 1 hour	Ranging from 1 ½ - 3 hours	5 - 6 Sleeps in 24 hours
6 weeks - 3 months	1 - 1 ½ hours	1 ½ - 2 ½ hours	4 - 5 sleeps in 24 hours
3 - 4 ½ months	1 ½ - 2 hours	1 ½ - 2 ½ hours	3 sleeps in daytime May wake overnight for feeds
4 ½ - 6 months	2 - 2 ½ hours	1 ½ - 2 hours	3 sleeps in daytime May wake overnight for feeds

See the 'Karitane Feeding your Child' [Brochures](#) for more information on nutrition.

Karitane respects each family has their own culture and parenting practices. This guide is an evidence based resource you may choose to use in your parenting.

# Flexible Daily Routine for Children 6 months and onwards

A Flexible Plan for Your Child's Daytime Routine following a Feed-Play-Sleep Pattern. Variations may be needed to meet the individual baby's needs.

## 6 months - 9 months

### Early Morning Milk Feed

(Baby may go back to bed)

### Feed-Play 2 - 3 hrs

Solids  
Play  
Sleep (1 - 2 hrs)

Variation: \_\_\_\_\_

### Feed-Play 2 - 3 hrs

Milk feed  
Solids  
Play  
Sleep (1 - 2 hrs)

Variation: \_\_\_\_\_

### Feed-Play 2 - 3 hrs

Milk feed  
Solids  
Play  
Bath  
Milk feed

(You may choose to delay this feed and give just before you go to bed)

Quiet time  
Bed time\*

Variation: \_\_\_\_\_

Offer water from a cup with solids.  
Aim to give milk then solids within one hour.  
\* Baby may wake overnight for a milk feed.

## 9 months - 12 months

### Feed-Play 3 - 4 hrs

Milk feed  
Breakfast  
Play  
Snack  
Sleep (1-2 hrs per sleep)

Variation: \_\_\_\_\_

### Feed-Play 3 - 4 hrs

Lunch  
Milk feed  
Play  
Sleep (1-2 hrs per sleep)

Variation: \_\_\_\_\_

### Feed-Play 3 - 4 hrs

Snack  
Play  
Dinner  
Bath  
Milk feed  
Quiet time  
Bed time

Variation: \_\_\_\_\_

## 12 months - onwards

Breakfast  
Play  
Snack  
Rest or sleep (1 - 3 hrs)  
Play  
Early lunch

Variation: \_\_\_\_\_

Rest or sleep (1 - 3 hrs)  
Snack  
Play  
Dinner  
Bath  
Quiet time  
Bed time

Variation: \_\_\_\_\_

**Between 12 - 18 months** your baby may progress from two sleeps per day (around 1-3hrs total) to one longer day sleep per day (around 1-3hrs total). This longer sleep is usually in the afternoon following an early lunch.

**A day sleep** may continue for 3 or more years. Try to encourage your child to rest after lunch whether or not your child sleeps.

## Tired Signs include:

upset, irritable or whingey, clingy or fussy,  
uncooperative, short concentration span, lose  
coordination or clumsy, rub their eyes or yawn, bored with toys.

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