

Flexible Daily Routine Birth to 6 Months

- Routine following a feed-play-sleep cycle.
- Variations (including the number of breast-feeds per day) may be needed to meet your baby's needs.
- Up to 12 months your baby may still wake at night for a feed.
- Breastfeeding is recommended to 12 months and beyond, introducing solids from 6 months.
- This is a guide and Karitane respects each family has their own culture and parenting practices.



Recognising and responding to tired signs can help you better prepare your baby for sleep.

Tired signs include:

- Yawning
- Clenching fists
- Facial contortions
- Jerky movements
- Frowning
- Staring into space
- Irritability
- Crying (usually the last cue)

AGE	FEED-PLAY TIME	SLEEP/ REST TIME	AVERAGE NUMBER OF SLEEPS & FEEDS
0 - 6 weeks	1 hour	Ranging from 1 ½ - 3 hours	5 - 6 sleeps & 6 - 10 feeds
Variation _____			
6 weeks - 3 months	1 - 1 ½ hours	1 ½ - 2 ½ hours	4 - 5 sleeps & 6 - 8 feeds
Variation _____			
3 - 4 ½ months	1 ½ - 2 hours	1 ½ - 2 ½ hours	3 sleeps in daytime & 5 - 6 feeds
Variation _____			
4 ½ - 6 months	2 - 2 ½ hours	1 ½ - 2 hours	3 sleeps in daytime & 4 - 6 feeds
Variation _____			

with you every step of the way

For parenting support call Karitane Careline: 1300 CARING (1300 227 464)
For regular updates and parenting tips visit: www.karitane.com.au



Flexible Daily Routine 6 Months and Onwards

- Routine following a feed-play-sleep cycle.
- Variations (including the number of breast-feeds per day) may be needed to meet your baby's needs.
- Up to 12 months your baby may still wake at night for a feed.
- Between 12 – 18 months your baby may progress from two sleeps per day (around 1-3 hours) to one longer day sleep (around 1-3 hours total). This longer sleep is usually in the afternoon following 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.
- This is a guide and Karitane respects each family has their own culture and parenting practices.



Recognising and responding to tired signs can help you better prepare your child for sleep.

Tired signs include:

- Yawning
- Rubbing eyes
- Irritability
- Uncooperative
- Getting easily distracted
- Loss of coordination or clumsy
- Bored with toys

AGE	FEED-PLAY TIME	SLEEP/ REST TIME	AVERAGE NUMBER OF SLEEPS & FEEDS
6 - 9 months	2 - 3 hours	1 - 2 hours	2 - 3 sleeps in daytime & 3 - 4 feeds
Variation _____			
9 - 12 months	3 hours	1 - 2 hours	2 sleeps in daytime & 3 feeds
Variation _____			
12 months onwards	up for longer during the day	1 - 3 hours	1 sleep family meals
Variation _____			

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