

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.

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			



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
- Starring into space
- Irritability
- Crying (usually the last clue)

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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 our 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.

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			



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

Tired signs include:

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