



0-6 Months

Daily Activities

What to expect from your baby at 0-3 months

Newborns feed at a range of intervals on average 2 - 5 hourly but of course this can vary between babies and their individual needs and how your breastmilk supply is going (for example some babies may cluster feed in

the late afternoon to early evening). Newborns generally need at least 6 - 8 feeds in 24 hours. It's very normal that a newborn will not have a set daily routine for feeding times (this is especially important if you are breastfeeding); this daily routine or pattern emerges as they mature. By 4 - 6 weeks of age most babies have their internal clock for day and night set. Once they have this day and night clock set then they can start to develop better rhythms between sleep wake cycles with your help and they're likely to start sleeping for longer periods. From birth sleep cycles are generally 40 - 50 minutes long.

For example a 3 month old may (depending on the individual child):

- Feed-play and sleep every 2 - 4 hours and join one to two sleep cycles in the day time sometimes
- Know and respond to their bedtime routine of responding to tired signs with a nappy check/change, wrapping/sleeping bag, and singing and comfort to a calm state
- sleeping longer in the night but still wake over night for feeds

Sleep times

Sleep times can vary with your baby. They may be able to sleep through the sleep cycle and learn to sleep longer each time, or need your help to return to sleep.

As your baby matures, wake time during the day increases and night sleeps lengthen. Some days may go smoothly, other days your baby may need you more and things don't go as planned.

This is part of your baby's normal transition to their new life, where they:

- Get to know you
- Adapt to their changing world
- Learn day and night and the feed-play-sleep pattern

See the Tresillian Tip Sheet "Normal Newborn Crying".

Things that may interrupt all this learning include:

- Illness
- Changes in family environments
- Extra busy days

If you are concerned about your baby, visit your local Early Childhood Nurse or GP or call Tresillian's Parent's Help Line for advice from a Tresillian Nurse free of charge.

	Daily Activities 0-6 Months	Baby's individual activity Plan
FEED	Early Morning (After 5am) Milk feed May return to sleep OR get up to start the day	
SLEEP	Responding to your baby's tired cues > SLEEP	
FEED PLAY	Mid morning Milk feed Play Average awake time 1 - 2½ hrs (this includes time taken to feed and play; be guided by your baby's cues)	

SLEEP	Responding to your baby's tired cues > SLEEP	
FEED PLAY	Lunchtime	
	Milk feed Play Average awake time 1 - 2½ hrs (this includes time taken to feed and play; be guided by your baby's cues)	
SLEEP	Responding to your baby's tired cues > SLEEP	
FEED PLAY	Mid afternoon	
	Milk feed Play Average awake time 1 - 2½ hrs (this includes time taken to feed and play; be guided by your baby's cues)	
SLEEP	Responding to your baby's tired cues > SLEEP May only require a short nap	
FEED QUIET TIME	Evening	
	Milk feed Bath Quiet time Cuddle	
SLEEP	Settle for night > SLEEP Baby will still wake for feeds overnight	

What to expect from your baby at 3-6 months

As your baby gets older they may still wake overnight but may not always need a feed; they might need you to help them learn how to join sleep cycles without a feed straight away or be practicing a new skill they have learnt (like how to socialise or roll over) or need connection time with you.

Nightwaking is still normal at this age and babies are not expected to sleep through the night for long periods until after 6 months. All babies develop differently and

most babies will still wake for a feed over night until 12 months. They are sleeping for longer periods but will still need in general 2 - 3 feeds a night and help to resettle at times. As your baby matures, wake times during the day will increase. For example a newborn might only stay awake and calm for an hour and this includes feeding and a quick face to face playtime while some 6 month olds can manage to feed quite quickly and then play for a around 2 hours before they start to get grizzly and need a sleep.

At 6 months night-time sleeps can be up to 6 hours long for some babies in the beginning of the night. It is still very normal for your 6 month old baby to stir at least 3 times during the night and will possibly need to be re-settled. Some may still wake for a feed.

Sleep times can vary, but now they usually sleep through the sleep cycle and sleep longer each time. After 3 months most babies will change to about 3 sleeps each day.

There's lots of ways to build a relationship with your baby during awake/play times including:

	What my baby likes
Supervised floor play with baby on their tummy; teach your baby to roll over	<input type="checkbox"/>
Use colourful raffles and soft toys to encourage interaction	<input type="checkbox"/>
Take baby for a walk in the pram	<input type="checkbox"/>
Read stories	<input type="checkbox"/>
Sing songs or play music	<input type="checkbox"/>
Play hand games such as 'ring a rosy'	<input type="checkbox"/>
Visit friends	<input type="checkbox"/>

Some ideas for quiet times include:

Reading a book - using the same story to create an association with sleep	<input type="checkbox"/>
Sing a special song	<input type="checkbox"/>
Give baby a relaxation bath or baby massage	<input type="checkbox"/>

**Call us for parenting advice or
to ask about self-referral**

**Tresillian Parent's Help Line
FREECALL 1300 272 736**

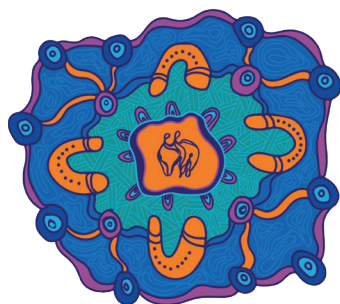
Open 7 Days, 7am - 11pm



FREE ACCESS
SleepWellBaby App
Powered by Tresillian
www.sleepwellbaby.io



tresillian.org.au



Acknowledgement of Country

Tresillian acknowledges Aboriginal and Torres Strait Islander people as the First Peoples of Australia. We acknowledge the Traditional Owners and Custodians of land on the countries on which we live and work and their unique spiritual relationships to the lands and seas. We pay respect to Aboriginal and Torres Strait Islander Elders, past and present, and acknowledge all the Aboriginal and Torres Strait Islander people living in the communities we serve.

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