



6 WEEKS TO 3 MONTHS

From 6 weeks to three months things don't change dramatically though you will feel more in control and your baby will start to develop more of a pattern with their sleeping and feeding.

The major difference in these 6 weeks is that your baby will be more alert so they can stay awake for a bit longer than an hour, but only for approximately an hour and a half at a time. Any longer and they will start to get overtired and overstimulated and again be more difficult to settle and get off to sleep. So remember look for those tired signs but also keep one eye on the clock – and as that 90 minutes

Tired signs for babies are:

- Grizzling or crying
- Increasing jerky movements of their arms and legs
- Staring into space
- Clenching of their fists
- Grimacing
- Yawning

If you see your baby yawn and they have been fed and been up for over an hour, then this is the time to start to prepare them for sleep. Wrap them up and get them into bed before the next yawn if you can.

The routine for this age would go something like:

- Baby wakes up
- Feed (breast or bottle)
- Activity – in the middle of the feed have some activity like the nappy change
- Feed – finish the feed off. The feed should be taking less time that it was in the previous 6 weeks so you have more time for activity.
- More activity – burp baby, some play on the floor or in a rocker
- Wind down time – wrap baby up, comforting pat, some soothing words or a soft song
- Sleep – back into bed.

At this age your baby should be sleeping for approximately 2 ½ to 3 hours at a time and be having 4 to 5 sleeps in a 24 hour period.

Remember that is okay to put your baby down if they awake, in fact as they get older it is preferable. You want to be teaching your baby how to put themselves to sleep with minimum assistance from you so as they grow they won't need to be fed, rocked or patted off to sleep.

