



## THREE MONTHS TO SIX MONTHS

From three months to six months babies can get into a nice routine. It is important to remember that babies have short sleep cycles that last about 40 to 45 minutes. If your baby has not learnt to sleep past one sleep cycle and is waking regularly at the 45 minute mark, now is a great time to teach them to sleep longer. But remember it takes a little bit of effort for the first couple of days but will work if you are consistent and stick to the routine.

Up to 6 months your baby may still need to be wrapped for sleep time but I think it is a good idea to get rid of the wrapping once your baby starts to roll. This is a time when babies like to move themselves around the cot to resettle and get comfortable – just like adults do. If the baby is wrapped and they can't reposition themselves they will often wake up completely, cry and need you to come and resettle them.

If your baby is three to 4 ½ months old, they can be awake for 1 ½ to 2 hours at a time. Between 4 ½ to 6 months then they can start to be awake for up to 2 ½ hours at a time. But remember to always watch for tired signs and also keep one eye on the clock.

Tired signs for babies of this age are:

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

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

Between three and six months your baby should be having three definite sleeps per day – morning, midday and afternoon, each lasting about 2 hours (though the afternoon one can be shorter) and they should be going to bed at the same time every night. They should be starting to sleep for longer periods at night and even some babies may start to sleep through the night. Some babies will still be requiring one night feed, though this can be a “dream feed” in the late evening if it works. Some babies can drop that afternoon sleep by six months and start having two big sleeps per day.

The routine for this age group could be:

Early morning

Anytime from

4.30 – 5.30am

Breast or bottle feed then straight back to sleep.

\*if your baby wakes at 6 it is okay to start the day then.

6am – 7ish

### **Up for the day**

Babies should have some activity, then a breast or bottle feed, then some more activity and then put back to bed. This cycle should last no longer than 2 to 2 ½ hours.



|                  |                                                                                                                                                                                               |
|------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Between 8 & 9ish | Morning Sleep – this sleep should last about 2 hours but can be between 1 ½ to 3 hours.                                                                                                       |
| 10 – 11ish       | Up from sleep. Then the same activity/feed/activity cycle.                                                                                                                                    |
| 12 – 1pm         | Put baby down for the Midday sleep                                                                                                                                                            |
| 1.30 – 2.30pm    | Up from sleep. Then the same activity/feed/activity cycle.                                                                                                                                    |
| 3.30ish          | Put baby down for the afternoon sleep. This nap is traditionally a shorter nap and may only last for 30 to 45 minutes as your baby gets older. This is okay as this nap will be dropped soon. |
| 5pm              | Up from sleep. Don't let your baby sleep past 5pm as you really want them to go to bed for the night at around 7pm and they won't be tired enough if they sleep late in the afternoon         |
| 6 – 7pm          | Bedtime ritual. This can include a bath, some more quiet activity like a story, then breast or bottle feed and then into to bed. This ritual needs to be the same every night.                |

Some babies may then wake again before midnight for a feed. If they do feed close to midnight, it is feasible to then push them through the night by resettling them. If they do resettle then your baby may sleep to around 5 or 6am. If you do try to resettle them and after about 30 minutes they are still awake, then they must be hungry so it is fine to feed them.