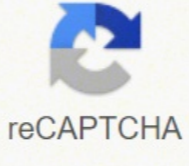




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### Sleep Needs Guide for Infants 0 to 6 Months

This is a guide only, variations may be needed to meet the individual infant's needs

- Your baby will communicate his need for sleep through **Tired Signs** & they include:
- Clenched fists
  - Facial contortions
  - Jerky movements
  - Grizzling or crying
  - Yawning
  - Rubbing eyes

AGE	FEED/PLAY TIME	SLEEP/REST TIME	AVERAGE NUMBER OF SLEEPS
0 - 6 weeks	Approximately 1 hour	Ranging from 1 1/2 - 3 hours	5 - 6 Sleeps in 24 hours
6 weeks - 3 months	1 - 1 1/2 hours	1 1/2 - 2 1/2 hours	4 - 5 sleeps in 24 hours
3 - 4 1/2 months	1 1/2 - 2 hours	1 1/2 - 2 1/2 hours	3 day sleeps
4 1/2 - 6 months	2 - 2 1/2 hours	1 1/2 - 2 hours	2 - 3 day sleeps

For more feeding information see Feeding Your Child Brochure

For further information see [www.karitane.com.au](http://www.karitane.com.au) call the Karitane Careline on 1300 CARING (1300 227 464) or email [info@karitane.com.au](mailto:info@karitane.com.au)

Revised May 2014



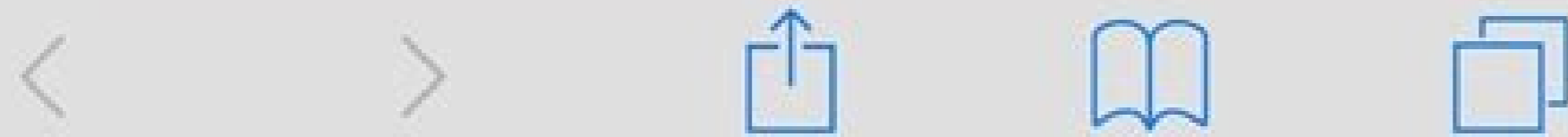
### Flexible Plan for Babies 6 Months and Onwards

A GUIDE FOR YOUR BABY'S DAYTIME ROUTINE. Variations may be needed to meet the individual baby's needs

<p><b>6 months - 9 months</b></p> <p>Early Morning Milk feed (Baby may go back to bed)</p> <p><b>Awake/Playtime 2 1/2 - 3 hrs</b></p> <p>Solids Play Sleep (1 1/2 - 2 hrs)</p> <p>Variation _____</p> <p><b>Awake/Playtime 2 1/2 - 3 hrs</b></p> <p>Milk feed Solids Play Sleep (1 1/2 - 2 hrs)</p> <p>Variation _____</p> <p><b>Awake/Playtime 2 1/2 - 3 hrs</b></p> <p>Milk feed Solids Play Bath Milk feed (You may choose to delay this feed and give just before you go to bed) Quiet time Bed time</p> <p>Variation _____</p> <p>Aim to give both Milk &amp; Solids within one hour.</p>	<p><b>9 months - 12 months</b></p> <p><b>Awake/Playtime 3 - 4 hrs</b></p> <p>Milk feed Breakfast Play Snack Sleep (1 - 2 hrs)</p> <p>Variation _____</p> <p><b>Awake/Playtime 3 - 4 hrs</b></p> <p>Lunch Milk feed Play Sleep (approx. 1 hr)</p> <p>Variation _____</p> <p><b>Awake/Playtime 3 - 4 hrs</b></p> <p>Snack Play Solids Bath Milk feed Quiet time Bed time</p> <p>Variation _____</p> <p><b>Tired signs include:</b> Bored with toys, shorter concentration, fussy with food &amp; drink, rubbing eyes/ears/nose, needing more physical contact, clammy, more emotionally demanding.</p>	<p><b>12 months - onwards</b></p> <p>Breakfast Play Snack Play Early lunch Sleep (1 1/2 - 3 hrs)</p> <p>Variation _____</p> <p>Snack Play Dinner Bath Quiet time Bed time</p> <p>Variation _____</p> <p>Day sleeps may continue for 3 or more years</p>
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For further information see [www.karitane.com.au](http://www.karitane.com.au) call the Karitane Careline on 1300 CARING (1300 227 464) or email [info@karitane.com.au](mailto:info@karitane.com.au)

Revised May 2014



# Beautiful handdrawn illustrations



MEAL	PATTERN	AMOUNTS 8 Months	AMOUNTS 9 - 12 Months
Breakfast 7:00 a.m.	Formula	7 - 8 oz.	6 - 8 oz.
	*Baby Cereal	3 - 5T	4 - 6T
	Fruit	2 - 4T	2 - 4T
AM Feeding 9:00 a.m.	Vitamin C Rich Fruit or Juice	4 oz.	4 oz.
	Dry Cereal, Cracker or Dry Toast	1 or 1/4	2 or 1/2
Lunch 12:00 Noon	Formula	7 - 8 oz.	6 - 8 oz.
	Meat	None	1 - 2T
	Vegetable	5 - 9T	2 - 9T
	Potato or 2nd Vegetable (optional)	None	None - 6T
	Fruit	2 - 4T	2 - 4T
PM Feeding 3:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.
	Dry Cereal, Cracker or Dry Toast	2 or 1/2	2 or 1/2
Dinner 6:00 p.m.	Formula	7 - 8 oz.	6 - 8 oz.
	Meat	None	1 - 2T
	Vegetable	5 - 9T	2 - 9T
	Potato or 2nd Vegetable (optional)	None	None - 6T
	Fruit	2 - 4T	2 - 4T
Evening Feeding 8:00 p.m.	*Baby Cereal	3 - 5T	None - 4T
	Formula	6 oz.	6 oz.



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