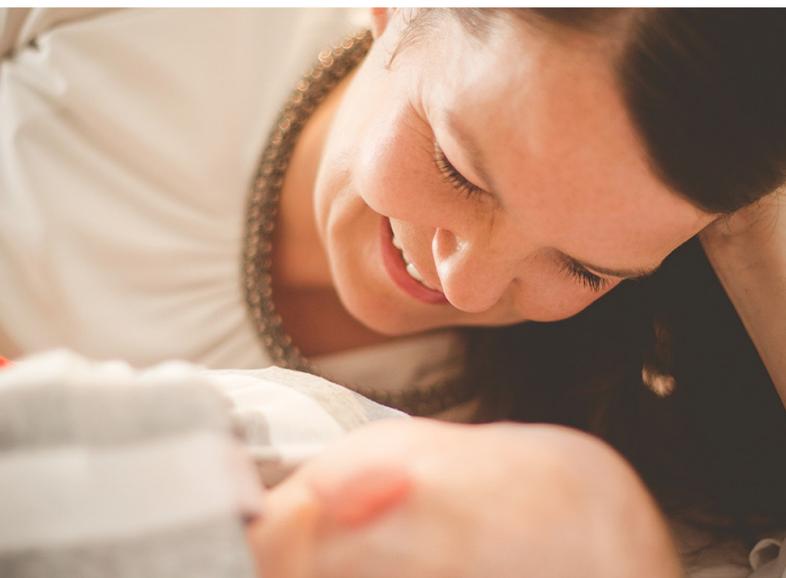


# Sleep Needs Guide for Infants 0 to 3 Years

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



**Karitane provides advice and support to families during the early years of parenting.**

Karitane offers a comprehensive range of evidence-based parenting services to support families with parenting skills, including: sleep and settling, toddler behaviour, establishing routines, feeding and nutrition and perinatal mood disorders.

Our healthcare professionals guide, support and educate families to ensure a safe and nurturing environment for their children.

Parenting help is only a call away or available 24 hours on our website.

**Careline: 1300 CARING (1300 227 464)**  
**[www.karitane.com.au/mybabyandme](http://www.karitane.com.au/mybabyandme)**

# A daily guide for children 0 to 3 years



Our vision is for children to be safe, healthy and nurtured by confident families and communities.



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

## Need Help?

Regular growth checks by a child health professional are encouraged.

If concerned about your baby or toddler, don't hesitate to seek help from family, friend, Child & Family Health Nurse, GP or call **Karitane Careline** on **1300 CARING (1300 227 464)**

## 0-6 month Guide

### 0-6 WEEKS

#### FEED

2-4 hourly

#### AVERAGE NUMBER OF FEEDS

6-10 feeds in 24 hours

#### AWAKE (FEED & PLAY)

Around 1 hour

#### SLEEP/REST

1.5-3 hours per sleep

#### AVERAGE NUMBER OF SLEEPS

5-6 sleeps in 24 hours

#### TYPE OF FOODS

Milk feeds

#### TIRED SIGNS

- Clenched fists
- Facial contortions
- Jerky movements
- Grizzling or crying
- Rubbing eyes
- Yawning
- Staring

### 6 WEEKS-3 MONTHS

#### FEED

2-4 hourly

#### AVERAGE NUMBER OF FEEDS

6-8 feeds in 24 hours

#### AWAKE (FEED & PLAY)

1 - 1.5 hours

#### SLEEP/REST

1.5-2.5 hours

#### AVERAGE NUMBER OF SLEEPS

4-5 sleeps in 24 hours

#### TYPE OF FOODS

Milk feeds

#### TIRED SIGNS

- Clenched fists
- Facial contortions
- Jerky movements
- Grizzling or crying
- Rubbing eyes
- Yawning
- Staring

### 3-4.5 MONTHS

#### FEED

3-4 hourly

#### AVERAGE NUMBER OF FEEDS

5-6 feeds in 24 hours

#### AWAKE (FEED & PLAY)

1.5 - 2 hours

#### SLEEP/REST

1.5-2.5 hours

#### AVERAGE NUMBER OF SLEEPS

3 daytime sleeps

#### TYPE OF FOODS

Milk feeds

#### TIRED SIGNS

- Clenched fists
- Facial contortions
- Jerky movements
- Grizzling or crying
- Rubbing eyes
- Yawning
- Staring

### 4.5-6 MONTHS

#### FEED

3-4 hourly

#### AVERAGE NUMBER OF FEEDS

4-6 feeds in 24 hours

#### AWAKE (FEED & PLAY)

2 - 2.5 hours

#### SLEEP/REST

1.5-2 hours

#### AVERAGE NUMBER OF SLEEPS

3 daytime sleeps

#### TYPE OF FOODS

Introduce solids around 6 months

Milk feeds

#### TIRED SIGNS

- Clenched fists
- Facial contortions
- Jerky movements
- Grizzling or crying
- Rubbing eyes
- Yawning
- Staring

## 6 months - 3 years Guide

### 6-9 MONTHS

**FEED**

3-4 milk feeds.  
Introduce solids.  
Increase 3 meals + 2 snacks per day (start with milk then solids)

**AWAKE (FEED & PLAY)**

2-3 hours

**SLEEP/REST**

1-2 hours

**AVERAGE NUMBER OF SLEEPS**

2 daytime sleeps

**TYPE OF FOODS**

Milk feeds

Solids

**TIRED SIGNS**

- Upset
- Irritable or whingey
- Clingy or fussy
- Unco-operative
- Short concentration span
- Lose co-ordination or clumsy
- Rub their eyes or yawn
- Bored with toys

### 9-12 MONTHS

**FEED**

3-4 milk feeds.  
3 meals + 2 snacks per day

**AWAKE (FEED & PLAY)**

3-4 hours

**SLEEP/REST**

1-3 hours

**AVERAGE NUMBER OF SLEEPS**

1-2 hours per sleep

**TYPE OF FOODS**

Solids

Milk feeds

**TIRED SIGNS**

- Upset
- Irritable or whingey
- Clingy or fussy
- Unco-operative
- Short concentration span
- Lose co-ordination or clumsy
- Rub their eyes or yawn
- Bored with toys

### 12-18 MONTHS

**FEED**

1-1½ serves of dairy  
3 meals + 2 snacks per day

**AWAKE (FEED & PLAY)**

4-6 hours

**SLEEP/REST**

1-3 hours in total

**AVERAGE NUMBER OF SLEEPS**

1-2 daytime sleeps

**TYPE OF FOODS**

Family Foods and all drinks from a cup

**TIRED SIGNS**

- Upset
- Irritable or whingey
- Clingy or fussy
- Unco-operative
- Short concentration span
- Lose co-ordination or clumsy
- Rub their eyes or yawn
- Bored with toys

### 18 MONTHS - 3 YEARS

**FEED**

1½-2½ serves of dairy  
3 meals + 2 snacks per day

**AWAKE (FEED & PLAY)**

5-7 hours

**SLEEP/REST**

1-2 hours

**AVERAGE NUMBER OF SLEEPS**

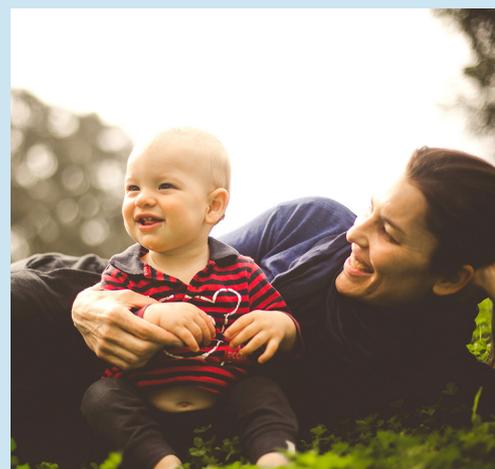
1 daytime sleeps

**TYPE OF FOODS**

Family Foods and all drinks from a cup

**TIRED SIGNS**

- Upset
- Irritable or whingey
- Clingy or fussy
- Unco-operative
- Short concentration span
- Lose co-ordination or clumsy
- Rub their eyes or yawn
- Bored with toys





## Contact Details

**Phone** 02 9794 2300  
**Fax** 02 9794 2323  
**Postal** PO Box 241, Villawood NSW 2163  
**Email** [karitane.online@sswahs.nsw.gov.au](mailto:karitane.online@sswahs.nsw.gov.au)  
**Website** [www.karitane.com.au](http://www.karitane.com.au)

### Karitane - Carramar

**Head Office, Residential Unit, Jade House, Toddler Clinic, Education & Research Centre, Venue Hire**  
126-150 The Horsley Drive, Carramar NSW 2163  
(Entrance via Mitchell Street)  
Phone 02 9794 2300 Fax 02 9794 2323

### Karitane Camden

**Residential, Perinatal Mental Health, Parenting Centre, Toddler Clinic**  
Camden Hospital, Menangle Road, Camden NSW 2560  
Phone 02 4654 6125 Fax 02 4654 6213

### Randwick Parenting Centre

146 Avoca Street, Randwick NSW 2031  
Phone 02 9399 6999 Fax 02 9399 8510

### Liverpool Parenting Centre

10 Murphy Avenue, Liverpool NSW 2170  
Phone 02 9821 4555 Fax 02 9821 4559

### Karitane Linking Families

130 Nelson Street, Fairfield Heights NSW 2165  
Phone 02 9754 2655 Fax 02 9754 2644

### Connecting Carers & Talking Realities

124 The Horsley Drive, Carramar NSW 2163  
Phone 02 9794 2352 Fax 02 9794 2381  
[www.connectingcarersnsw.com.au](http://www.connectingcarersnsw.com.au)

### Karitane Referrals and Intake

Phone 02 9794 2300 Fax 02 9794 2323  
Email [karitane.referrals@sswahs.nsw.gov.au](mailto:karitane.referrals@sswahs.nsw.gov.au)

### Careline & Parenting Website

Phone 1300 CARING (1300 227 464)  
Email [karitane.online@sswahs.nsw.gov.au](mailto:karitane.online@sswahs.nsw.gov.au)  
Website [www.karitane.com.au/mybabyandme](http://www.karitane.com.au/mybabyandme)

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ABN 25000018842 Updated May 2016 - FAM002.  
References available on request. Consumer Reviewed.