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)
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.

### 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

### 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).
### 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

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Karitane Camden
Residential, Perinatal Mental Health, Parenting Centre, Toddler Clinic
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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

Karitane Referrals and Intake
Phone 02 9794 2300 Fax 02 9794 2323
Email karitane.referrals@sswahs.nsw.gov.au

Careline & Parenting Website
Phone 1300 CARING (1300 227 464)
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References available on request. Consumer Reviewed.