



sleep months 0-3

week 1:

- there is no need to put your newborn on a schedule yet because his internal clock isn't developed.
- your newborn will sleep between 16-20 hours a day, equally divided between night and day. feed your baby on demand. disregard the clock for now.
- never wake a sleeping baby. if she's hungry, she'll let you know. newborns generally eat every 2-3 hours with the longest sleep being 4-5 hours.
- swaddling your baby can help to comfort him.

weeks 2-5:

- your baby still isn't ready for a schedule.
- maintain brief intervals of wakefulness. don't let more than 2 hours go by without letting your baby sleep. look for subtle cues that she may be getting tired such as looking away, rubbing her eyes and fidgeting.
- your baby may have a sleep period for as long as 4-5 hours.
- your baby may confuse day and night. to help her figure out day versus night sleep, make sure her room is dark and quiet when you put her down for the night. during the day, expose her to sunshine and noise.
- don't worry about spoiling or creating bad habits, it's still too early!
- introduce the pacifier. babies need to suck. also, recent studies suggest a slight decrease in incidence of SIDS in babies who use pacifiers.

weeks 6-8:

- when possible, put your baby to sleep drowsy, but awake.
- be vigilant about getting her to sleep every two hours (maximum). after about an hour and a half of wakefulness, begin a soothing routine and provide a calm atmosphere.
- your baby's night sleep becomes more organized now and may even have a stretch of 5+ hours.
- don't bother your baby every time she makes a fussy sound. give her a chance to settle into sleep.
- your baby is starting to be more social which means you need to minimize stimulating interactions with



her before she goes to sleep.

- begin a bedtime routine, before her longest sleep interval (usually around 8 or 9pm).

weeks 8-12:

- if your baby won't sleep (when she should), put her down anyway, and give her the opportunity to rest and be alone.
- make sleeping on the go or in the stroller the exception rather than the rule. you don't want her to need the motion of the stroller to sleep.
- your baby will sleep better at night if her daytime sleeping has gone well. an overtired baby actually sleeps less.

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