

# Ngala's Secrets of Good Sleepers

	Feeding patterns	Tired signs	Total sleep	Sleep patterns	Awake pattern	Play activities
<b>0 to 3 Months</b>	Breastfeeds* approximately 2 to 4 hourly throughout a 24 hour period.	Jerky arms and legs; pulling away (disengages); difficulty focusing; clenched fists, grizzly cry.	16 to 17 hours total 7 hours during day 9 hours during night Interrupted by feeds.	Sleeps 20 minutes to 5 hours; most sleeps between 1 to 3 hours; one sleep each 24 hours may be up to 6 hours.	Usually tired after 1 to 1.5 hours of awake time, may stay awake for 2 to 3 hours once during a 24 hour cycle.	Watching faces, listening to voices, singing, cuddles, touch and massage.
<b>3 to 6 Months</b>	Breastfeeds* approximately 3 to 4 hourly throughout a 24 hour period.	Same as 0 to 3 months.	15 to 16 hours total 5 hours during day in 2-3 blocks of sleep. 10 hours during night interrupted by feeds.	2 to 3 day sleeps 1 to 2.5 hours each;  10 hours sleep overnight – may feed 4 to 6 hourly.	1.5 to 2.5 hours awake time between day sleeps; one period of 2 to 3 hours of awake time.	Objects/faces to see, clapping/singing/bouncing games, tummy time, peek-a-boo.
<b>6 to 12 Months</b>	Day – Breastfeeds* 3 to 4 hourly; may feed 4 to 6 hourly overnight. Offer tastes, 5 food groups.	Same as 0 to 3 months plus clumsy; fussy with food; demanding.	13 to 14 hours total; 2.5 to 4 hours a day; 10 to 11 hours overnight.	2 to 3 day sleeps, 1 to 2.5 hours each;  10 to 11 hours sleep overnight – may feed 4 to 6 hourly.	2 to 3 hours awake time between day sleeps.	Mirror games, hide and seek, singing and talking, textures, floor play.
<b>1 to 2 Years</b>	Breastfeeds* 1 to 3 a day; milk/formula up to 600mls daily; 3 to 5 meals from 5 food groups – self regulated.	Clumsy; demanding; temper tantrums; fussy with food; not co-operative.	12 to 14 hours total; 2 to 3 hours a day; 11 to 12 hours overnight.	1 to 2 day sleeps, 1.5 to 3 hours each;  11 to 12 hours sleep overnight – may require one milk feed.	3 to 6 hours awake time between day sleeps.	Singing/music/talking/reading, in and out games, stacking games, jack-in-the-box, cuddles, dress-ups.
<b>2 to 5 Years</b>	Same as 1 to 2 years.	Same as 1 to 2 years and increased frustration with play.	12 to 13 hours total; 1.5 to 2.5 hours a day; 10 to 12 hours overnight.	One late morning or lunch time sleep or rest period required; 10 to 12 hrs sleep overnight.	Awake through morning and late afternoon early evening.	Role plays, rhymes/songs, music/dancing, textures, treasure hunts, sorting/stacking, bike riding.

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\* If breastmilk is not an option use formula for the first year.

# How do you know if your child is tired?



## Day Time Sleeps

It is important to know that cutting out your child's day time sleep will not help them sleep better at night. Doing this may actually make your child more overtired and difficult to settle at night.



## A tired baby may:

- Grizzle or whinge
- Pull at his ears
- Close his fists
- Have jerky arm and leg movements
- Yawn
- Have a worried look on his face
- Arch backwards
- Have difficulty focusing – go cross-eyed
- Suck on his fingers

## A tired older baby may:

- Have any of the above signs of tiredness
- Be more clumsy
- Be more clingy
- Need or demand more attention
- Be fussy while feeding and eating



For more information refer to:  
"Secrets of Good Sleepers: a guide to sleep for families of children 0-5 years" Ngala 2004.

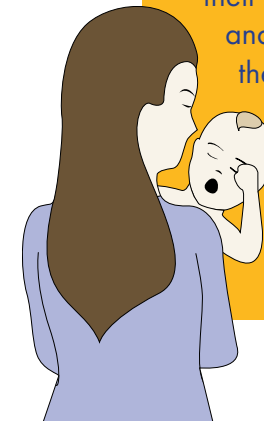
## Is my child bored or tired?

Sometimes you may think your child is just bored and when you give him something to do the crying stops and the signs of tiredness stop. Watch and see if the grizzly crying and tired signs start again in a few minutes.

Babies and small children are easily distracted from their feeling of tiredness and this is why they get overtired so quickly. Overtired babies and children are more difficult to get to sleep.

## A tired child may:

- Have any of the above signs of tiredness
- Be more un-cooperative
- Become quickly frustrated
- Have more frequent temper tantrums
- Have increased activity



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