



Sleep, Feeding and Activity Guide



Age Group	*Feeding	Child Cues	*Sleep Range	*Sleep Patterns	*Awake Patterns	*Activities
0 - 3 Months	Your baby may feed every 2-3 hours. Breastfeed on demand. Many babies have 6 -12 feeds in 24 hours.	Your baby may show cues to signal tiredness. These may include; rigid arms or legs, clenched fists, frowning, staring, grimacing, clenched fists or a grizzly cry.	14-17 hours. 11-19 hours may be appropriate for your baby.	Some babies will wake or stir after 20-45 minutes. Others may sleep between 1-3 hours at a time. Most babies need help to resettle to sleep.	Your baby may be awake for up to 1-1.5 hours at a time.	Offer 30 minutes of tummy time on a safe floor space each day. Screen time is not recommended at this age . Provide regular breaks if you baby is restrained for more than 1 hour at a time (e.g. in a baby capsule or carrier) Babies enjoy cuddles, reading, rocking & singing. Provide play opportunities & encourage them to reach & grasp for things.
4 - 6 Months	Breast fed babies may need to feed every 3-4 hours. Formula fed babies may feed up to 4 hourly. 6-8 feeds per 24 hours.	Your baby may show cues to signal tiredness. These may include; rigid arms or legs, clenched fists, frowning, staring, turning their face away, grimacing, clenched fists or a grizzly cry. Your child may fuss more at feeds.	12-15 hours. 10-18 hours may be appropriate for your baby.	Your baby may sleep 2-4 times per day for 1-2 hours at a time. At night they may sleep up to 4-6 hours. "Sleeping through" happens when a baby sleeps for a 5 hour period at night.	Your baby may be awake for up to 1.5-2.5 hours at a time.	Offer 30 minutes of tummy time including reaching and grasping, pushing, pulling and crawling activities on safe floor space each day. Enjoy activities mentioned above with your baby, plus lots of storytelling using different voice tones, facial expressions & responses to your baby's sounds to practice conversations. Encourage your baby to move, explore & engage in physical play with toys & games to build muscle strength & coordination. Screen time is not recommended at this age. Provide regular breaks if you baby is restrained for more than 1 hour at a time (e.g. in a car seat or pram).
7 - 11 Months	Breastmilk or formula continues to be the most important food. Follow your babies demand for feeds 4-6 times per day including 1-2 night feeds. Introduce first foods from around 6 months. Include iron rich foods & gradually offer a variety of tastes & textures.	Your baby may show cues to signal tiredness. As well as those above, they may pull their ears, rub their eyes, fuss more, vocalise loudly & need more attention and reassurance. After 7 months, some babies use a sleep association object.	12-15 hours. 10-18 hours may be appropriate for your baby.	Your baby may sleep 2-3 times a day for 1-2 hours at a time. At around 9 months some children reduce the number of day sleeps they have and have a longer stretch of sleep at night.	Your baby may be awake for up to 2-3 hours at a time.	Offer 30 – 60 minutes of tummy time including reaching, grasping, crawling and pulling to stand activities on safe floor space each day. Enjoy activities mentioned above with your baby, plus play with toys & safe kitchen items e.g. pots, pans & wooden spoons that encourage pushing & pulling, opening, closing, stacking & making noises. Playing repetitive games such as 'peek-a-boo', 'round & round the garden' & 'pat-a-cake, pat-a-cake' are also favourites for your baby. Screen time is not recommended at this age. Provide regular breaks if you baby is restrained for more than 1 hour at a time (e.g. in a car seat or pram).



Sleep, Feeding and Activity Guide



Age Group	*Feeding	Child Cues	*Sleep Range	*Sleep Patterns	*Awake Patterns	*Activities
1 - 2 Years	Offer a variety of tastes & textures from the 5 food groups in 3-5 meals. Avoid nuts & hard whole foods that may be a choking risk. Offer water or 1-3 breast-feeds in 24 hours. Low fat milk products are not recommended under 2 years.	Your toddler's cues for tiredness may include those above plus clumsiness, needing more attention, become fussy with their food & require more support to cooperate with tasks.	11-14 hours. 9-16 hours may be appropriate for your baby.	Your toddler may sleep 1-3 hours at a time, 2 times a day & may decrease to one sleep during the day at about 18 months.	Your toddler may be awake for up to 3.5-4 hours at a time.	Offer toddlers at least 3 hours of physical activity, spread throughout the day. This includes energetic play such as climbing, running, jumping & twirling. Your child will benefit from time spent reading, singing, doing puzzles & telling stories. If your toddler is younger than 2 years, screen time is not recommended. If your toddler is over 2 years of age, screen time is not recommended for more than 1 hour in total throughout the day. Provide regular breaks if you baby is restrained for more than 1 hour at a time (e.g. in a car seat or pram).
3 - 5 Years	Offer a variety of tastes & textures from the 5 food groups in 3-5 meals. Encourage whole food & whole grain breads & rice. Avoid added sugars or salt.	Your child's cues for tiredness will be similar to those shown previously, plus they may show increasing frustration during play & verbalise their need for more reassurance & attention.	10-13 hours. 8-14 hours may be appropriate for your pre-schooler.	Your child may sleep up to 2 hours, once during the day or drop a day sleep altogether. Some pre-schoolers may show cues for tiredness around the middle of the day & need a rest or sleep.	Your pre-schooler may need a day sleep between 1-4 times a week.	At least 3 hours of a variety of physical activities throughout the day is recommended, for your pre-schooler. At least 60 minutes of energetic play such as running, jumping, kicking & throwing is required at this age. Screen time is not recommended for more than 1 hour in total throughout the day for your pre-schooler. Provide regular breaks if you baby is restrained for more than 1 hour at a time (e.g. in a car seat or pram).

* The information provided is a guide for infants and children's sleep, feeding and activity over a 24 hour period.