



# QUICK SLEEP & FEEDING GUIDE

Age Group	Feeding	Tired Signs	Sleep Range	Sleep Patterns	Awake Patterns
<b>0 - 3 Months</b>	Typically need a feed every 2-4 hours in a 24 hour period (6-12 times in 24 hours).*	Jerky arms and legs, pulling away (disengaging), clenched fists, grizzly cry.	Most babies sleep about 15-18 hours, though this can range from 11.5-20.5 hours.	May sleep for 1-3 hours at a time.	1-1.5 hours of awake time before showing signs of being tired.
<b>3 - 6 Months</b>	Breast feeds typically 3-4 hourly throughout a 24 hour period. Formula feeds up to 4 hourly in a 24 hour period.	Jerky arms and legs, pulling away (disengaging), clenched fists, grizzly cry.	Most babies sleep about 15-16 hours, though this can range from 10-18.5 hours.	May sleep up to 5 hours, 2-4 times a day. May sleep up to 6 hours in a continuous stretch before the first night feed.	1.5-2.5 hours of awake time during the day before showing signs of being tired.
<b>6 - 12 Months</b>	Breast or formula feed before solids until baby is eating a variety of foods at about 8 months. Continue regular breast or formula feeds. 1 or 2 night feeds often required.	Same as 3-6 months, plus may be fussy with food, demanding more attention of caregiver, needing physical reassurance and look for sleep association object, from 7 months.	Most babies sleep about 13-14 hours, though this can range from 10.5-18 hours.	May sleep up to 5 hours, 2-3 times a day. May drop a sleep during the day at around 9 months. Longer stretch of sleep at night. May develop an attachment to a sleep association object, from 7 months.	2-3 hours of awake time during the day before showing signs of being tired.
<b>1 - 2 Years</b>	Offer solids before milk feeds; 3-5 meals from 5 food groups. Offer 1-3 breast feeds or at least 250mls of full cream milk. Formula not recommended after 12 months.	May be clumsy, demanding more attention of caregiver, fussy with food, not so co-operative.	About 12-14 hours.	May sleep 1-3 hours at a time, 2 times a day. May decrease to one sleep during the day at about 18 months.	3.5-4 hours of awake time during the day before showing signs of being tired.
<b>2 - 5 Years</b>	Offer the same food as family. Hi-Lo milk instead of full cream milk may be given after 2 years of age.	May show increasing frustration during play.	About 12-13 hours.	May sleep up to 2 hours, once during the day. May drop a day sleep altogether from 3 years of age. May sleep up to 12 hours at night.	Awake throughout the day, though some children may show signs of being tired around the middle of the day and need a rest or a sleep.

\* [The Australian Breastfeeding Association \(ABA\)](#) is Australia's largest breastfeeding information and support service and is recognised worldwide as an authority on breastfeeding management. You will find a wealth of information for both parents and for health professionals on their website.