



Your

NEW BORN

Routine



Rachael Wilson
PAEDIATRIC SLEEP CONSULTANT

Your baby's NAPS



For the next 2-3 years your baby is going to take naps. They will start perhaps taking 5-7 naps a day and by 18/19 months your little toddler will be on 1 nap a day.

These naps will be the basis of your baby's routine, along with feeds. It is very developmentally normal for babies to take short naps. Anything from 20-50 minutes, most typically 30-40 minutes, especially as they near 4 months old. This is not something to worry about and most babies do this.

The amount of sleep pressure (sleep pressure builds the longer we are awake) is driven by the amount of time awake prior to the sleep opportunity. It can, and does, influence nap length. To counteract this if a baby is awake longer than developmentally able then they become overtired and this also fuels short naps. So don't keep your baby awake longer than that wake window!

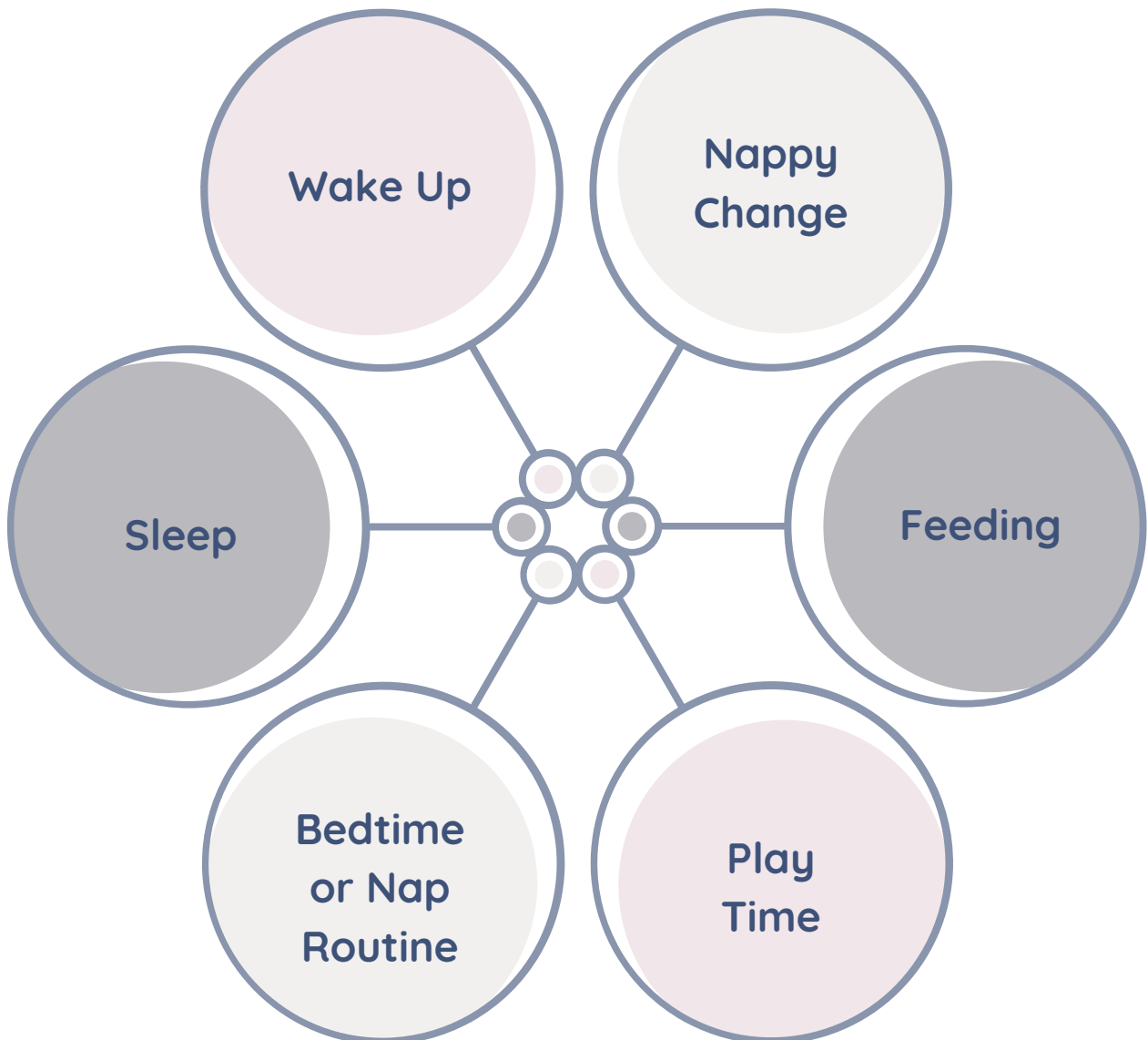
Many babies napping for 20, 30, 40 minutes only are doing just fine. If they seem happy and are developing as we would expect, go with it. There's only so much sleep we can actually achieve in 24 hours but if your baby's short naps are a concern for you after 5 months of age you can start to work on supporting your baby to take longer naps.

Many babies need a lot of support to fall asleep and stay asleep so you may find your little cat napper just needs some extra help to get back off again. Eventually, they will be able to nap longer and consolidate those short naps into a longer naps.

It is very normal for your new born to take longer naps when contact napping or in motion, like a buggy.

Your new born routine

EAT. PLAY. SLEEP.



You can try to complete one of these cycles for each wake window. Repeat these cycles during the 12 hours of day time.



YOUR GUIDE TO

Newborn Sleep



Setting safe and healthy sleep foundations, right from the start...

WRITTEN BY:

RACHAEL WILSON OF RACHAEL WILSON SLEEP CONSULTANT

WWW.RACHAELWILSONSLEEPCONSULTANT.COM

**Looking for more guidance?
Download the New-born Sleep Guide today,
filled with everything you need to
confidently manage your baby's sleep,
feeding, soothing, dressing, sleep routines,
and more!**

Get it here now!