

Babies Daily Activity Guide 0 to 6 Months

Variations may be needed to meet the individual infant's needs

Sleep Needs Guide for Infants 0 to 6 Months

Your baby communicates their need for sleep through Tired Signs:	AGE	AWAKE/ PLAY TIME	SLEEP/ REST TIME	AVERAGE NUMBER OF SLEEPS
<ul style="list-style-type: none"> • Clenched fists • Facial contortions • Jerky movements • Grizzling or crying • Yawning • Rubbing eyes 	0 - 6 weeks	Approximately 1 hour	Ranging from 1 ½ - 3 hours	5 - 6 Sleeps in 24 hours
	6 weeks - 3 months	1 - 1 ½ hours	1½ - 2½ hours	4 - 5 sleeps in 24 hours
	3 - 4 ½ months	1½ - 2 hours	1½ - 2½ hours	3 sleeps in daytime <i>Resettle after feeds overnight</i>
	½ - 6 months	2- 2½ hours	1½ - 2 hours	2 - 3 sleeps in daytime <i>Resettle after feeds overnight</i>

Feeding Guide for Infants 0 to 6 Months

Breastfeeding

1 to 7 days
• Breastfeed within the first hour your baby is born -Generally babies feed 8–12 times over a 24-hour period during the first week of life

8 days to 6 month
• Feed on demand – following your babies hunger cues.

• Avoid the use of dummies for the first 4 weeks

Bottle Feeding

1 to 4 days
• Commence at 30–60 mL/kg/day and increase over the next few days

5 days to 3 months
• Some infants, especially those who were preterm, will require up to 180–200 mL/kg/day

3 to 6 months
• 120 mL/kg/day

TIPS: - 4-6 wet nappies every 24 hours & regular soft - bowel actions
- Average weight gain: • birth to 3 months: a gain of 150–200 g a week
• 3 to 6 months: a gain of 100–150 g a week

Source: NHMRC guidelines

Flexible Plan for Babies 6 Months - Onwards

A GUIDE FOR YOUR BABY'S DAYTIME ACTIVITY

Variations may be needed to meet the individual baby's needs

6 - 9 months	9 - 12 months	12 - onwards
<p>Early Morning Milk Feed (Baby may go back to bed)</p> <p>Up time 2 ½ - 3 hrs</p> <ul style="list-style-type: none"> • Solids • Play • Sleep (1 ½ - 2 hrs) <p>Variation</p>	<p>Up time 3 - 4 hrs</p> <ul style="list-style-type: none"> • Milk feed • Breakfast • Play • Snack • Sleep (1-2 hrs) <p>Variation</p>	<ul style="list-style-type: none"> • Breakfast • Play • Snack • Play • Early lunch • Sleep (1 ½ - 3 hrs) <p>Variation</p>
<p>Up time 2 ½ - 3 hrs</p> <ul style="list-style-type: none"> • Milk feed • Solids • Play • Sleep (1 ½ - 2 hrs) <p>Variation</p>	<p>Up time 3 - 4 hrs</p> <ul style="list-style-type: none"> • Lunch • Milk feed • Play • Sleep (approx. 1 hr) <p>Variation</p>	<ul style="list-style-type: none"> • Snack • Play • Dinner • Bath • Quiet time • Bed time <p>Variation</p>
<p>Up time 2 ½ - 3 hrs</p> <ul style="list-style-type: none"> • Milk feed • Solids • Play • Bath • Milk feed • Sleep (1 ½ - 2 hrs) <p>(You may choose to delay this feed and give just before you go to bed)</p> <ul style="list-style-type: none"> • Quiet time • Bed time <p>Variation</p>	<p>Up time 3 - 4 hrs</p> <ul style="list-style-type: none"> • Snack • Play • Solids • Bath • Milk feed • Quiet time • Bed time <p>Variation</p>	<p>Solid Foods:</p> <p>Babies have milk as their total nutrition until around 6 months of age. By this time they will require extra nutrition and be developmentally ready for taking milk and solids foods.</p>
<p>Aim to give both Milk & Solids within one hour</p> <p>Bottle Feeding:</p> <ul style="list-style-type: none"> • 100 mL/kg/day • Some infants may reduce to 90 mL/kg/day • Infants of this age also take solid foods 	<p>Tired signs include: Bored with toys, shorter concentration, fussy with food & drink, rubbing eyes/ears/nose, needing more physical contact, clumsy, more emotionally Demanding</p>	

For further information call **Karitane Careline** on
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