

# Birth to 12 weeks

## Sleep Routine

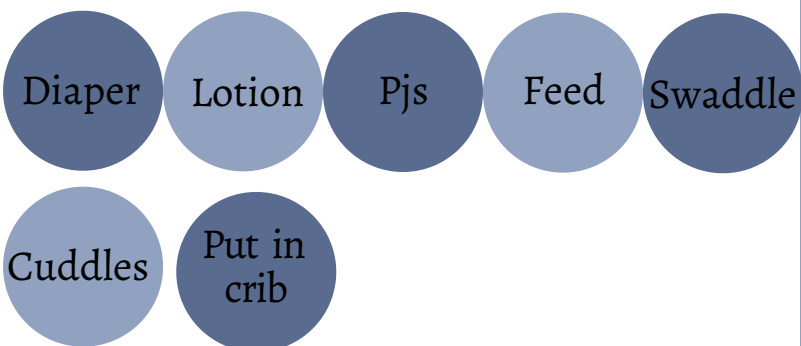
- For the first 4 weeks there is no pattern for eating and sleeping. Just go with what baby wants.
- Around 4 weeks start making your morning routine start around 7am. No matter what make sure you feed baby at 7am. This will help them get used to eating at this time. I also recommend always feeding at 7pm so that will signal bedtime
- When feeding baby in the morning make sure you are in a well lit room and don't let baby go back to sleep.

Total sleep time in 24 hours is 15-18 hours

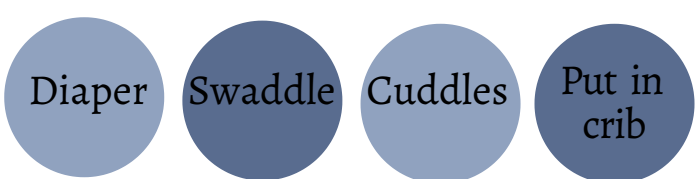
## Daily Routine

- You will be doing the same routine over and over, about 5-6 times a day.
- As the weeks go on expect baby to be more alert and stay awake more. Play with them and give them lots of tummy time.
- The wake window for 0-12 weeks is 45 minutes- 1 hour before they will go back to sleep. This includes eating.

### Bedtime Routine



### Naptime Routine



# ABC's of Safe Sleep



## Alone

Your little one should be alone in their crib or bassinet. Nothing should be in the bassinet or crib with them except a paci and they can be swaddled in a blanket.



## Back

According to the American Academy of Pediatrics (AAP) placing your little one on their back is the safest way for them to sleep.



## Crib

Your little one should sleep in their own bassinet or crib. There should be a tight fitted sheet and a firm mattress. No bumpers should be on the crib. This is all recommended by the AAP.

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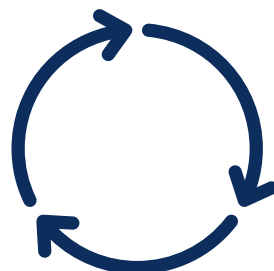
## Room Environment

- **Temperature:** 68-72 degrees. This helps prevent SIDS and gives baby the best sleeping temperature.
- **Dark:** The room should be very dark (you don't want to see your hands in front of your face). This helps the production of melatonin. Melatonin will not start producing until 3 months but starting out sleeping in the dark will set them up for sleeping success.
- **Sound Machine:** Always have a sound machine on. This helps baby sleep. Babies are used to hearing noises while in the womb and this makes for a calm and soothing environment.

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## Schedule

7am: eat, play, sleep  
10am: eat, play, sleep  
1pm: eat, play, sleep



4pm: eat, play, sleep  
7pm: eat, play, sleep  
10pm: eat, play, sleep

Some babies are different and may need more of a 2.5 hour eating schedule and that is okay.