



SLEEP GUIDE FOR BABY'S FIRST YEAR

| Infant Age | 0-2 | 2-4 | 4-6 | 6-9 | 9-12 |
|------------------------------------|-------|-------|-------|-------|-------|
| Recommended hours of sleep per day | 16-19 | 15-17 | 13-15 | 13-14 | 12-13 |
| Range for nap time | 7-10 | 3-4 | 2-4 | 2-3 | 1-2 |
| Total hours of day time nap | 7-10 | 5-7 | 4-5 | 3-5 | 2-4 |
| Total hours of night time sleep | 8-10 | 9-11 | 10-11 | 10-12 | 11-12 |
| Number of feeds per night | 0-2 | 0-2 | 0-2 | 0-2 | 0-2 |

SHORT AND LONG TERM GOALS

REFLECTION
