



What to Expect- Feeding and Sleep 1-2 Months

During the first year of life, your baby will need 12-16 hours of sleep a day. In the first month, your baby will normally fall asleep after feedings and will usually sleep for 2-3 hours. Feedings should be on demand and should be every 2-4 hours day and night. Most babies will have a fussy period in the evening for 1-2 hours every day. During this fussy period, your baby may be more awake, cluster feed, or cry constantly. After the fussy period ends, your baby will take their longest nap for the day.

The average 2 week old is feeding 6-8 times a day (2-4 oz every 2-4 hours if bottle feeding) and sleeping after most feedings, with the longest period of straight sleep only five hours. The longest sleep period is usually early morning rather than during the night. Most infants go through a growth spurt between the ages of 4 and 6 weeks. During this time, your baby will feed more often and larger amounts. Breast fed infants will become more efficient at eating so they may not increase the length of time they feed but will increase the amount they eat at a time. Bottle fed babies will increase to 4-6 oz at a feeding 6 times a day. During this period, your baby may even give up the five hour stretch of sleep they were doing between 2 and 4 weeks of age.

After six weeks of age, your baby will still feed frequently during the day but will start to take their longest nap at night, usually up to 6-8 hours by 2 months of age. The average 2 month old feeds 5-6 times a day and sleeps 6-8 hours at night. Bottle fed babies will drink 4-6 oz at a feeding.

Between 2 and 3 months of age, your infant will start to develop a more regular feeding and sleep pattern. Your infant will start to wake up most mornings at the same time and start to feed at the same time during the day on most days. There will still be some days that are different, however you should start to see a pattern of regular sleeping and feeding on most days.

At three months of age, you can teach your infant to put themselves to sleep. You should notice that your infant wakes up for feedings at the same time every morning. Once you see this, you can start putting your baby to bed awake instead of asleep. At three months of age, infants can sleep 10-12 hours at night without a feeding and will eat 4-5 times during the day. Although infants may wake up during the night, they do not need to eat to fall back to sleep. You should put your baby to sleep 10-12 hours **before** they wake up in the morning. You will notice that they have a feeding around this time (10-12 hrs before morning). Start the evening feeding 15-30 minutes sooner than usual and make sure

you do not let your baby fall asleep during the feeding. Then place your baby in their crib (they need to be in their own room for this to work) while awake and check on your baby every 20 minutes while they are still awake. When checking, do not pick them up or rock them or feed them. Keep checking on your infant every 20 minutes until they fall asleep. This will usually be within 40-60 minutes but can sometimes take a few hours. Continue this routine every night. It can be normal for your infant to wake up in the middle of the night. If this happens, check on them to make sure they are okay. If they are, walk out of their room and keep checking on them every 20 minutes until they fall asleep. Within a week, your baby will be falling asleep on their own within 20-40 minutes of laying them down every night and going all night (10-12 hours) without needing to eat. Daytime feedings will be about 4-5 times a day and up to 6-8 oz a feeding. When your baby wakes up in the morning, they should get their first feeding and be ready for a nap about two hours after waking up. You should put them down for their nap awake also. After they wake up from their nap, they should feed and be ready for their second nap about two hours later. After their second nap, they will take their third feeding. They should stay awake until bedtime and should get 1-2 more feedings before bed. Once the training is complete, your baby will be sleeping 10-12 hours straight at night, taking two naps that last 1-2 hour and feeding 4-5 times a day.

Babies that are premature may not be ready to fall asleep by themselves until they are three months of age corrected (from mom's due date not actual birth date). If your premature three month old is not on a regular daytime or nighttime schedule yet, you will want to wait until they are older.

If you aren't ready to train your baby to put themselves to sleep yet, you can retry anytime after they are three months old. It will usually take about a week regardless of how old your infant is, and will be more difficult after 6 months of age because babies develop "object permanence" at 6 months. Object permanence means your baby will remember things (including their parents) when they are out of sight. Six month old infants will play hide and seek and will cry for their parents when they wake up in the middle of the night. Some babies that previously were sleeping well will fight sleep after six months because of this. Use the same technique of checking on them every 20 minutes until asleep. Infants six months and older may take longer to fall asleep but will still be able to comfort themselves and self soothe. You may also notice that your infant may have a hard time going to sleep by themselves when they are sick or teething. Once they are better, you can retrain them using the same technique above- put them to bed awake but tired and check on them every 20 minutes. Within a week they should be back to their previous schedule.

We will provide you with separate feeding guidelines when your infant is four months of age and older. Your child's sleep pattern will stay the same for the entire first year and probably longer, getting 10-12 hours of sleep at night and taking two naps lasting 1-2 hours each.

If you have any questions about this information please send us a message in NextMD or call us.

Thanks

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