

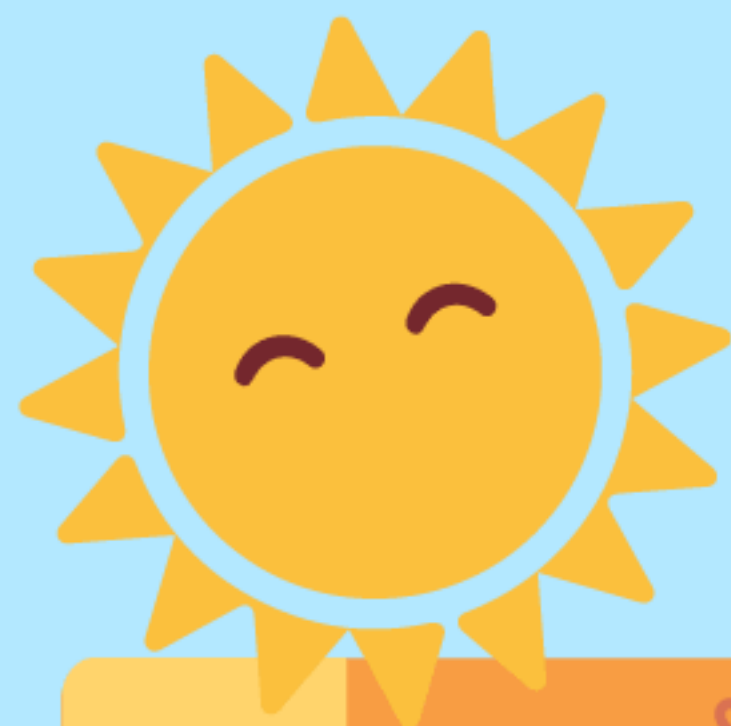
SLEEPING GUIDE

0 - 3 MONTHS

Example Sleep Patterns



Newborn - 2 Months



Sleep 8 hours/day | 4 Naps

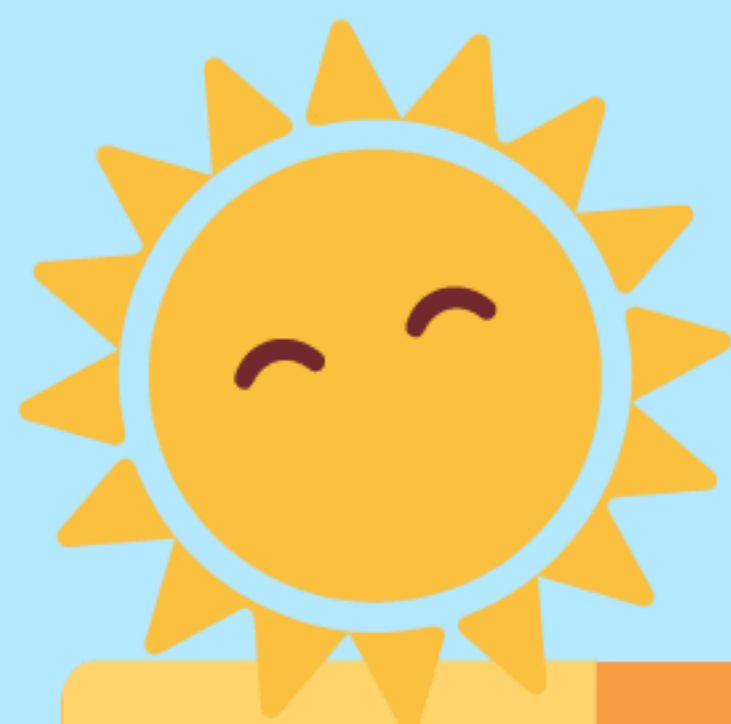


Sleep 8 hours/night | 2 Feedings



Over time, baby will sleep less but for longer stretches overnight

2 - 3 Months



Sleep 5 hours/day | 3 Naps



Sleep 10 hours/night | 2 Feedings



Put them to bed with their favorite pacifier to help them self-soothe

