



# Little Nutshells

ALL THINGS BABY & TODDLER



## NEWBORN DAILY RHYTHM

Starting Time*				Activity	Typical Hours	
A	B	C	D		Awake	Asleep
<b>6:30</b>	<b>7:00</b>	<b>7:30</b>	<b>8:00</b>	Start Day. Feed 1. Outdoor and Floor Play. Fresh Diaper.	1 - 1.5	
8:00	8:30	9:00	9:30	Nap		2
10:00	10:30	11:00	11:30	Wake. Feed 2. Outdoor and/or Floor Play. Fresh Diaper.	1.5	
11:30	12:00	12:30	13:00	Long Nap		2.5 - 3
2:00	2:30	3:00	3:30	Wake. Feed 3. Outdoor and/or Floor Play. Fresh Diaper.	1.5	
3:30	4:00	4:30	5:00	Short Nap		1
4:30	5:00	5:30	6:00	Wake. Feed 4. Outdoor and/or Floor Play. Fresh Diaper.	2	
5:30	6:00	6:30	7:00	Bath, Stories, Cuddly Song		
6:00	6:30	7:00	7:30	Feed 5		
<b>6:30</b>	<b>7:00</b>	<b>7:30</b>	<b>8:00</b>	Bedtime in the Crib		
Totals					~ 6	~ 6
<b>Overnight</b> Sleep Broken by 2-3 Feeds						12
Grand Totals					~ 6	~ 18

\*Newborns typically won't adhere to a strict schedule. This daily rhythm is a guide only of feed, play and sleep in a 24 hour period, based on when the day starts. Can give top-up feed before nap. If baby is showing tired signs, put direct to sleep. Never push beyond a 2 hour wake window or baby will get overtired and fight sleep. Some days, newborn might have 4-5 catnaps. If baby wakes early, try re-settling in dark bedroom to continue nap. Wake baby if they are napping beyond 3 hours.