

Feeding And Sleeping Month by Month

Age	Feedings Per Day	Naps Per Day	Sleeping At Night	
0-2 Weeks	8-10 feedings a day	8-10 "naps" throughout the day and night in between each feeding	Sleep no longer than 3 hours at a time	
	Feed every 2.5-3 hours			
	20-30 minutes per feeding			
2-8 Weeks	8 feedings a day	4 naps a day 1.5-2.5 hours each	Sleep no longer than 5 hours at a time	
	Every 2.5-3 hours			
2-3 Months	5-7 feedings a day		Between 7-9 weeks drop the middle of the night feeding	Able to sleep 9-11 hours at night
	Between 7-9 weeks drop the middle of the night feeding			
3-4 Months	4-6 feedings a day	3 naps a day 2-2.5 hours long each	Able to sleep 10-12 hours at night	
	Between 12-15 weeks drop the late evening feeding			
4-6 Months	4-6 feedings a day			
	Introduce solid foods			
Up to 24 Months	Nurse 4-5 times a day	Morning & evening nap 2 hours long		
	Solid food 3 times a day			
16-24 Months & on	Start weaning child whenever you feel is best	1 afternoon nap 2-3 hours		
	Solid food 3-5 times a day			