

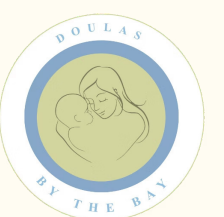
DOULAS by the BAY

Your Baby's Routine

1-3 Months

A simple step-by-step guide to help you build a calm, predictable rhythm for your baby.

Sleep • Feeding • Wake Windows • Gentle Routines





7:30 AM
wake time



Feed



Play



Sleep

Establishing Baby's Daily Rhythm

Start the day gently: aim to wake your baby by **7:30 AM** at the latest.



Feed

Nourish your baby first.



Play

Engage in interactive activities.



Sleep

Lay them down for a restful nap.

Follow this consistent **Feed-Play-Sleep** cycle to help maintain a predictable routine.

Watch the Clock



15-20 minutes **awake time**



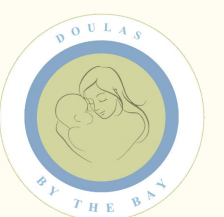
Watch the Clock for Sleep Cues

Recognizing early sleepiness signs in young babies can be tricky, especially under three months. Rely on the clock for accurate timing of awake windows.

15-20 Minutes Awake Time

A one-month-old baby should have a maximum activity time of **15 to 20 minutes**.

- ❏ This awake time should be adjusted as your baby grows older.



8 Feeds in 24 Hours

Every 3 hours

							
7:00	10:00	1:00	4:00	7:00	10:00	1:00	4:00



Cluster feed in evening

Understanding Your Newborn's Sleep & Feeding



Early Weeks: Lots of Sleep

In the first 2–4 weeks, many newborns sleep most of the day, with short wake windows for feeding, diaper changes, and cuddles.



Daytime Naps are Normal

It's common for newborns to nap in stretches of about 2–4 hours during the day.



Frequent Feeds

Most newborns feed about **8–12 times in 24 hours**.

Evening “cluster feeding” is also common, so frequent feeding can help.

You can offer a feed before your bedtime (around 10:00–10:30 p.m.) to support a longer first stretch of sleep.

Awake Time Activities



Eye Contact



Rattle Play



Tummy Time



Reading Books



Rolling Practice

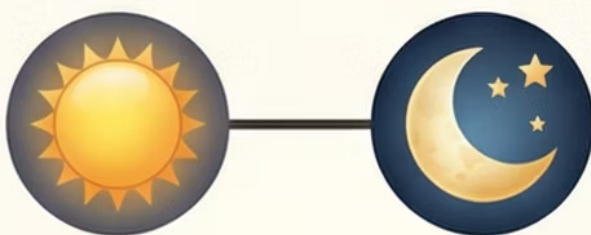


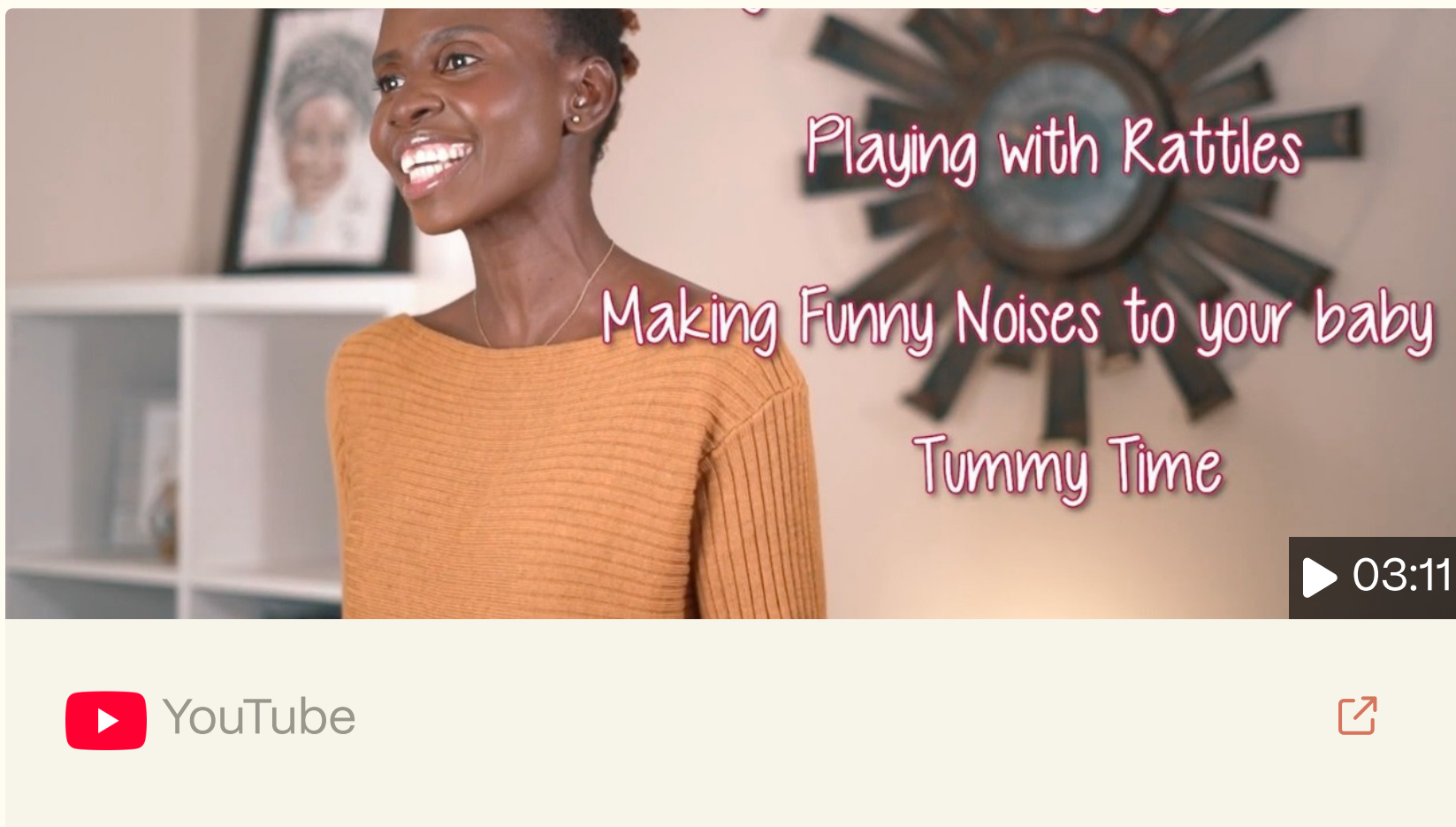
Playful Faces

Better Days, Better Nights



3-4 hours daytime sleep is normal





A doula can help you establish routines with your newborn.

Book Your Free Consultation