

Flexible Daily Plan 3-4 months

by *FeelGoodMum*

TOTAL WAKE TIME (EAT & PLAY)
1hr 15 mins to 1 hrs 30 mins - Follow Tired Signs First

EAT

5-8 milk feeds in 24 hours = feed every 3-4 hours
Effective feeding - No longer than 45 mins
including nappy change

PLAY

Tummy time
Cuddles
Out in the car
Walks in the pram
Bath - before or after feed
No vigorous play from late evening to morning

Look for tired signs

Rubbing eyes
Redness around Eyes
Frowning
Unhappy
Grizzling or crying
Clenched fist
Jerky movements
Yawning
Starring

SLEEP

Winding down prior to bedtime

Settling techniques

Lower stimulation - stop playing with toys, no bright lights
Reduce noise level - lower voice, lower music or switch off
Full wrap, angel wrap or sleep sack
Darken bedroom (no direct sunlight)
Soft music or singing
Rocking and patting
Shhhhhing
Dummy (if preferred)

Resettling

Wait for full cry (not just a grizzle)
Resettle by patting, stroking, rocking, shhhhhing, dummy (if preferred).
Pick up briefly to comfort and relax.
Repeat process if required.