



4 MONTH ROUTINE

by Amy at Counting Sheep

4 MONTH ROUTINE

Baby is on three naps a day at this stage, working towards that longer middle of the day nap (the lunchtime nap). If baby is not doing the longer lunch time nap or is still catnapping (not sleeping over 45 minutes), your day may need to be split into 4 naps for a while, to stop them from becoming overtired. I like catnapping to be a thing of the past by 7 months so if your little one is still not having lengthier naps by then, do get in touch for a sleep call so I can support you with extending those.

Awake time is 1 hour 45 minutes, but may stretch to 2 hours later on in the day to build sleep pressure for bedtime.

7am	WAKE AND FEED (milk feed)
	AWAKE TIME
8.45am-10am	SLEEP (45 minutes to 1 hour)
10am	FEED
	AWAKE TIME
11.15am	TOP UP FEED
11.45am/12pm - 2/2.30pm	SLEEP (2-2.5 hours)
2/2.30pm	FEED
	AWAKE TIME
3.45pm/4 - 5pm	SLEEP (45 minutes to 1 hour)
5pm	WAKE BABY
5pm	SNACK FEED (important feed as this sets them up for bedtime)
	PLAYTIME
6.15pm	START BATHTIME
6.30pm	BEDTIME ROUTINE (PJs on, feed, story or song, sleeping back, sleepy time sentence, into crib)
6.45pm/7pm	BED

Thank you so much for purchasing this guide from Amy at Counting Sheep. With over 5 years' experience in supporting parents with baby and toddler sleep, feeding and behaviour, Amy is thrilled to share her expertise with you. If you would like to find out more about working 1:1 with Amy then please visit her website. As you can imagine, professionalism and discretion are key to Amy and she, therefore, respectfully requests that you do not copy, share or imitate any of the material in this guide. All of her work is copyrighted, and more support is always available, by request. Best of luck with your little one; it's such an exciting time to spend with your little one.

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NIGHT FEEDS

At 4 months, baby will be able to drop to just one or maximum two night feeds assuming no weight gain issues. You could either do this by:

- a) Giving baby a dream feed at 10.30pm and then hoping they stretch out after that or;
- b) Letting baby sleep and then feeding them on waking, hoping they naturally start to drop the 2nd feed.

SLEEP SAFETY

It is really important that you follow the appropriate baby and child sleep safety guidelines. In simple terms, for a baby, this is putting your baby down on their back in a clear cot or sleep space. Please research sleep safety before buying and implementing sleep products at home. In the UK, I direct families to The **Lullaby Trust** as they raise awareness of sudden infant death syndrome (SIDS) and provide expert advice on safer sleep for babies.

ADDITIONAL SUPPORT

The purpose of this guide is to give you an example of a 4 month routine. If you need further on-going support in the form of a sleep support call with me or a bespoke sleep package for your little one from me, then please head to my website where you can book this instantly.

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- The information in this guide is not a substitute for medical advice or care and you should always seek medical support if you feel this is needed (if your baby is unwell, has a temperature, etc).
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