

SAVE OUR SLEEP

A parents' guide towards happy, sleeping babies
from birth to two years

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Pan Macmillan Australia

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Save Our Sleep

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Metric conversion table

The birth weight of babies can be measured in both imperial and metric measurements.

1 inch	2.54 centimetres	1 centimetre	0.394 inches
1 ounce	28.3 grams	1 gram	0.0353 ounces
1 pound	454 grams	1 kilogram	2.20 pounds

First published 2006 in Macmillan by Pan Macmillan Australia Pty Limited
This Macmillan edition published 2015 by Pan Macmillan Pty Limited
1 Market Street, Sydney

Reprinted 2015, 2016 (twice), 2017 (three times), 2018 (three times), 2019 (twice),
2020 (four times), 2021 (twice)

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National Library of Australia
cataloguing-in-publication data:

Hall, Tizzie.
Save our sleep.

Rev. ed.

ISBN 978 1 4050 3952 9

Infants – Sleep.
Infants – Care.

649.122

Text design by Deborah Parry Graphics Ltd
Set in 12/14.5 Adobe Garamond by Midland Typesetters, Australia
Printed by IVE

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FEEDING IN THE FIRST TWO WEEKS

A GUIDE TO BREASTFEEDING BEFORE YOUR MILK COMES IN

	Right breast	Left breast
<i>Day one:</i> feed every three hours from both breasts	6 minutes	6 minutes
<i>Day two:</i> feed every three hours from both breasts	9 minutes	9 minutes
<i>Day three:</i> feed every three hours from both breasts (if milk not in)	12 minutes	12 minutes
<i>Day four:</i> feed every three hours from both breasts (if milk not in)	16 minutes	16 minutes

TYPES OF FORMULA

Types of Formula	Description
Cow's milk-based formula	This is either whey-dominant or curd-dominant. It will tell you on the tin which it is. Both types of formula are suitable for your baby from birth. The whey-predominant ones are preferable, as they are closer to breastmilk. Some formulas have added omega 3 and omega 6 fatty acids that may assist in brain and visual development.
Soy-based formula	Often given to babies with an allergy or an intolerance to the protein found in cow's milk. Sometimes it is given to a baby on a lactose free diet, but there are other lactose-free formulas available. It is also suitable for a baby under twelve months of age as an alternative to cow's milk formula. It is not the same as soy milk, as your baby needs it in formula style.

Goat's milk-based formula	Suitable for babies under twelve months of age as an alternative to cow's or soy-based formula. Often, babies who have an allergy or intolerance to cow's milk-based formulas, have the same reactions to goat's milk-based formulas, as the two formulas are very similar. Again, it has to be given in formula style, as it is not the same as normal goat's milk.
Low lactose/ lactose-free formula	Given to babies who are lactose intolerant. You should consult with your health professional before choosing to put your baby on low lactose or lactose-free formula.
Thickened formula	Suitable for babies with gastro-oesophageal reflux. It is usually thickened with a baby-friendly food thickener such as carob bean flour. The need for thickened formula should be reviewed regularly with your health professional.
Hypoallergenic formula	Given to babies with severe allergies or food intolerances. There are some that can be bought off the shelf and others for more severe cases, which are available by prescription only.
Step two or stage two formula	Given to babies over six months. It contains increased levels of iron, calcium and sometimes protein. Please note that I advise not to use follow-on formula.
Ready-made formula	These are becoming more common. They are a very expensive option but well worth the investment, if you are short of time. They come in a handy one feed size, as they can be kept at room temperature until opened. They are also a good option if you are asking someone else to look after your baby, as they will have more time to enjoy your baby.
a2PLATINUM Premium Infant Formula Step 1	The a2PLATINUM step one formula is a whey-dominant infant formula suitable for your baby from birth. Like most infant formula, a2PLATINUM contains some casein proteins but unlike all other casein-containing infant formulas, a2PLATINUM contains the A2 type beta-casein but not the A1 type beta-casein. Human breastmilk also contains only the A2 type beta-casein and no A1 type beta-casein so, in this way, the a2PLATINUM infant formula is closer to breastmilk and seems to be better tolerated by young babies, especially those babies also receiving some breastmilk. a2PLATINUM also has other important nutritional benefits, because like all 'Gold' infant formula, it has omega-3 DHA fats (important for brain and eye development), prebiotics (important for gut immune function), iodine (important for growth and development), and nucleotides. a2PLATINUM is not suitable for infants with medically diagnosed cow's milk allergy.

HOW MUCH TO FORMULA-FEED: A ROUGH GUIDE

Age of baby	Amount of formula per feed	Number of formula feeds in 24 hours
Birth to one week	30 ml–90 ml	Eight feeds
One to two weeks	150 ml per kilogram of body weight ÷ number of feeds	Eight feeds
Two to four weeks	150 ml per kilogram of body weight ÷ number of feeds	Seven to eight feeds
Four to six weeks	150 ml per kilogram of body weight ÷ number of feeds	Six to eight feeds
Six to eight weeks	150 ml per kilogram of body weight ÷ number of feeds	Six to seven feeds
Eight weeks until baby is on solids	150 ml per kilogram of body weight ÷ number of feeds	Five to six feeds
A baby on solids until nine months	180 ml–240 ml	Four feeds
Nine months to one year	120 ml–210 ml	Two full feeds and two half feeds (three feeds in total)

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SLEEPING AND SETTLING

HOW MUCH SLEEP DOES A BABY NEED?

Age	Total number of hours in a 24-hour period	Total number of hours at night	Total number of hours in the day	Number of daytime sleeps (and naps)
Newborn	15–17	10–11 hours in 2–5 hour blocks	5–6	3–5 sleeps
Four weeks	15–17	10–11 (broken for feeds)	5–6	3–4 sleeps
Three months	16 hrs 45 mins	12 (broken for feeds)	4 hrs 45 mins	2 sleeps and 1 nap
Five months	16 hrs 20 mins	12 (broken for feeds with dreamfeed)	4 hrs 20 mins	2 sleeps and 1 nap
Seven months	16	12	4	2 sleeps
Nine months	15	12	3	2 (or 1 longer sleep and 1 nap)
Twelve months	14 hrs 30 mins	12	2 hrs 30 mins	1 (or 1 longer sleep and 1 nap)
Eighteen months	14 hrs 15 mins	12	2 hrs 15 mins	1 sleep
Two years	14	12	2	1 sleep
Three years	13	12	1	1 nap

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ROUTINES
FROM BIRTH TO
INTRODUCING SOLIDS

ROUTINES FOR BREASTFED BABIES FROM BIRTH TO EIGHT WEEKS OLD

Routine for a breastfed baby aged newborn until your milk comes in

This routine is for a baby (born at full term with a birth weight of 2.75 kg or more) from birth until your milk comes in. A baby at this age just feeds and sleeps so the seven o'clock bus doesn't apply.

Feed times	Sleep times
7 am	8.15 am
10 am	11.30 am
1 pm	2.30 pm
4 pm	5.15 pm
7 pm	8.15 pm
10 pm	11.15 pm
1 am	2.15 am
4 am	5.15 am

7 am

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

10 am

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

11.30 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

1 pm

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

2.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

4 pm

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

4.50 pm

Bath baby, or give top-to-toe wash.

5.15 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

7 pm

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

8.15 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10 pm

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

11.15 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

1 am

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

2.15 am

Swaddle your baby and put her down in bed on her back awake and allow her to self-settle.

4 am

Wake your baby up and feed her for up to six minutes on each breast for the first 24 hours or until 7 am of day two. On day two, feed her for nine minutes on each breast. On day three, feed her for up to 12 minutes on each breast and on day four, or until your milk comes in, feed her for up to 16 minutes on each breast.

5.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

Routine for a breastfed baby aged one to two weeks

This routine is for a baby from when your milk comes in to thirteen days old (and until she regains her birth weight and is over 3 kg).

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
10 am	11.30 am	
1 pm	2.30 pm	
4 pm		
6 pm		
9.30 pm		
2.30 am (at the latest)		

6.40 am

Express as much as you can, up to 90 ml, from your *right* breast.

7 am

Wake your baby up and feed her for up to 25 minutes from your *left* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy. Then feed her for up to fifteen minutes from your *right* breast.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

9.40 am

Express as much as you can, up to 90 ml, from your *left* breast.

10 am

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to 15 minutes from your *left* breast.

11.30 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

1 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast.

2.30 pm

Swaddle your baby and put her down in bed on her back awake and allow her to self-settle.

4 pm

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to 25 minutes from your *left* breast. After this feed, put your baby down somewhere comfortable and safe, so if she feels like having a little nap before her bath she may. But don't put her in bed as she may choose not to sleep.

5.20 pm

Bath baby, or give top-to-toe wash.

6 pm

Feed your baby for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast. Or you or another carer could give her a bottle of expressed milk. If you don't breastfeed your baby at the 6 pm feed during the first week of the routine while establishing breastfeeding, you should express 30 ml from each breast at 8 pm instead of the suggested time of 9 pm.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

9 pm

Express as much as you can, up to 90 ml, from your *right* breast.

9.30 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to fifteen minutes from your *right* breast.

Night feeds

Set your alarm clock for 2.30 am every night: in case your baby has not woken for a feed it is very important you don't go more than five hours without feeding your baby on this routine. But if your baby woke, for example, at 12.30 am, then reset your alarm clock for 5.30 am. If she woke any time after 1.35 am and fed, however, reset your alarm for just before 6.40 am, so you can get up and express. If your baby wakes at 6.30 am, or while you are expressing, and is crying you should feed her. If your baby seems content to wait then you should try to express first and feed her as near to 7 am as possible. However, if you feed her first you should express after the feed. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

Important note: By two weeks old your baby should be back to her original birth weight. If your baby has regained her birth weight and is over 3 kg, you may advance to the two-to four-week routine. If your baby has not regained her birth weight or is still under 3 kg, please stay on the above routine until she has reached these goals. When you do advance to the next routine, follow each routine for two weeks until you reach the ten-week routine. Then your next move of routine will be when your baby starts on solids.



Tip: If you find your baby is too sleepy after a bath to take a good feed try feeding her on one breast before the bath and the other side after the bath.

Routine for a breastfed baby aged two to four weeks

This routine is for a baby aged fourteen to 27 days old who has regained her birth weight and is over 3 kg.

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
10 am	11.30 am	
1 pm	2.30 pm	
4 pm		
6 pm		
9.30 pm		
3.30 am (at the latest)		

6.40 am

Express as much as you can, up to 30 ml, from your *right* breast.

7 am

Wake your baby up and feed her for up to 25 minutes from your *left* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy. Then feed her for up to fifteen minutes from your *right* breast.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

9.40 am

Express as much as you can, up to 60 ml from your *left* breast.

10 am

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for fifteen minutes from your *left* breast.

11.30 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

1 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast.

2.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

4 pm

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to 25 minutes from your *left* breast. After this feed, put your baby down somewhere comfortable and safe, so if she feels like having a little nap before her bath she may. But don't put her in bed as she may choose not to sleep.

5.20 pm

Bath baby, or give top-to-toe wash.

6 pm

Feed your baby for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast. Or you or another carer could give her a bottle of expressed milk. If you don't breastfeed your baby at the 6 pm feed during the second week of the routine while establishing breastfeeding, you should express 30 ml from each breast at 8 pm instead of the suggested time of 9.10 pm. Aim for this feed to end at 6.50 pm, so if you find your baby usually only takes 30 minutes to take her full feed, including winding, start this feed at 6.20 pm.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

9.10 pm

Express as much as you can, up to 90 ml, from your *right* breast.

9.30 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to fifteen minutes from your *right* breast.

Night feeds

Now you are in the third week and your baby has regained her birth weight and is over 3 kg, you may let her sleep a bit longer at night, but don't go more than six hours without expressing or feeding your baby. If you choose to express rather than waking and feeding your baby, you only need to express 30 ml from each breast to keep your supply up. Set your alarm clock for 3.30 am each night to do this. If your baby wakes and feeds any time before 12.40 am then you will need to recalculate and reset your alarm clock for six hours after that feed begins. However, if your baby wakes at 12.40 am or later, reset your alarm for just before 6.40 am so you can get up and express. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

Growth spurt note: A baby normally goes through a growth spurt at about three weeks which has been allowed for in the above routine.

Routine for a breastfed baby aged four to six weeks

This routine is for a baby aged 28 to 41 days old.

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
10.15 am	11.45 am	
1.30 pm	3 pm	
4.45 pm		Dreamfeed
6 pm		9.45 pm

6.40 am

Express as much as you can, up to 90 ml, from your *right* breast.

7 am

Wake your baby up and feed her for up to 25 minutes from your *left* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy. Then feed her for up to fifteen minutes from your *right* breast.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

9.40 am

Express as much as you can, up to 90 ml, from your *left* breast.

10.15 am

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to fifteen minutes from your *left* breast.

11.45 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

1.30 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast.

3 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

4.45 pm

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to 25 minutes from your *left* breast. After this feed, put your baby down somewhere comfortable and safe, so if she feels like having a little nap before her bath she may. But don't put her in bed as she may choose not to sleep.

5.45 pm

Bath baby, or give top-to-toe wash.

6 pm

Feed your baby for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast. Or you or another carer could give her a bottle of expressed milk (please note you don't need to change expressing time because the lengths of time your breasts are left without stimulating are fine on this routine). Aim for this feed to end at 6.50 pm, so if you find your baby usually only takes 30 minutes to take her full feed, including winding, start this feed at 6.20 pm.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

9.25 pm

Express as much as you can, up to 90 ml, from your *right* breast.

9.45 pm

Give your baby a dreamfeed, starting the feed from your *left* breast.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.



Tip: If your baby sleeps all night and wakes at 6.15 am for the first time I suggest getting her up and feeding her straightaway then as soon as the feed is over pop her back to bed. Please let her sleep 20 minutes or until 7 am which ever is later offering her a top up feed at this time. Please keep her up until the time of her next routine sleep.

Routine for a breastfed baby aged six to eight weeks

This routine is for a baby aged 42 to 55 days old.

Feed times	Sleep times	Bedtime
7 am	8.30 am	7 pm
11 am	12.30 pm	
2.45 pm	Nap	Dreamfeed
6 pm	4.15 pm	10 pm

6.40 am

Express as much as you can, up to 30 ml, from your *right* breast.

7 am

Wake your baby up and feed her for up to 25 minutes from your *left* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy. Then feed her for up to 25 minutes from your *right* breast.

8.30 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

11 am

Wake your baby up and feed her for up to 25 minutes from your *right* breast. Then feed her for up to 25 minutes from your *left* breast.

12.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

2.45 pm

Wake your baby up and feed her for up to 25 minutes from your *left* breast. Then feed her for up to 25 minutes from your *right* breast.

4.15 pm

Take your baby for a walk or out in the car to encourage her to sleep in places other than her bed.

5.15 pm

Wake your baby up if necessary. Sleeping past 5.15 pm could affect how well your baby settles at 7 pm.

5.40 pm

Bath baby, or give top-to-toe wash.

6 pm

Feed your baby for up to 25 minutes from your *right* breast. Then feed her for up to 25 minutes from your *left* breast. Or you or another carer could give her a bottle of expressed milk. If you don't breastfeed your baby at this feed, you should express 90 ml from each breast at 7.30 pm rather than the suggested time of 9.40 pm. Aim for this feed to end at 6.50 pm, so if you find your baby usually only takes 30 minutes to take her full feed, including winding, start this feed at 6.20 pm.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

9.40 pm

Express as much as you can, up to 90 ml, from your *left* breast.

10 pm

Give your baby a dreamfeed, starting from your *right* breast.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

Growth spurt note: A baby normally goes through a growth spurt at about six weeks which has been allowed for in the above routine.

ROUTINES FOR BOTTLE-FED BABIES FROM NEWBORN TO EIGHT WEEKS OLD

Routine for a bottle-fed baby aged newborn to two weeks

This routine is for a baby aged one to thirteen days old (and until she regains her birth weight and is over 3 kg).

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
10.30 am	11.45 am	
2 pm	3.15 pm	
6 pm		
9.30 pm		
3.30 am (at the latest)		

Important note: Always feed your baby until she is full – never give your baby a set amount.

7 am

Wake your baby up and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

10.30 am

Wake your baby up and feed her a bottle.

11.45 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

2 pm

Wake your baby up and feed her a bottle.

3.15 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

5.30 pm

Wake your baby up and bath her, or give top-to-toe wash.

6 pm

Feed your baby a bottle.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

9.30 pm

Wake your baby up and feed her a bottle.

Night feeds

Until your baby has regained her birth weight, and is over 3 kg, she should not be allowed to sleep longer than six hours at night without a feed. Set your alarm for 3.30 am every night. But if your baby woke, for example, at 11.30 pm and fed, then reset your alarm clock for 5.30 am. If she woke any time after 1 am and fed, however, reset your alarm for just before 7 am so you can get up and start her day. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day. If your baby has regained her birth weight and is also over 3 kg, you may allow her to sleep at night until she wakes looking for a feed.

Important note: By two weeks old your baby should be back to her original birth weight. If your baby has regained her birth weight and is over 3 kg, you may advance to the two to four-week routine.

If your baby has not regained her birth weight or is still under 3 kg, please stay on the above routine until she has reached these goals.

When you do advance to the next routine, follow each routine for two

weeks until you reach the ten-week routine. Then your next move of routine will be when your baby starts on solids.



Tip: If you find your baby is too sleepy after a bath to take a good feed, try giving her half her feed before the bath and the other half after the bath.

Routine for a bottle-fed baby aged two to four weeks

This routine is for a baby aged fourteen to 27 days old who has regained her birth weight and is over 3 kg.

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
11 am	12.30 pm	
3 pm	4.30 pm	
6 pm		
10 pm		

7 am

Wake your baby up and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

11 am

Wake your baby up and feed her a bottle.

12.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

3 pm

Wake your baby up and feed her a bottle.

4.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

5.30 pm

Wake your baby up and bath her, or give top-to-toe wash.

6 pm

Feed your baby a bottle.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10 pm

Wake your baby up and feed her a bottle.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

Routine for a bottle-fed baby aged four to six weeks

This routine is for a baby aged 28 to 41 days old.

Feed times	Sleep times	Bedtime
7 am	8.15 am	7 pm
11 am	12.30 pm	
3 pm	Nap	Dreamfeed
6 pm	4.30 pm	10 pm

7 am

Wake your baby up and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

8.15 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (refer to self-settling in Chapter 9).

11 am

Wake your baby up and feed her a bottle.

12.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

3 pm

Wake your baby up and feed her a bottle.

4.30 pm

Take your baby for a walk or out in the car to encourage her to sleep in places other than her bed.

5.30 pm

Wake your baby up and bath her, or give top-to-toe wash.

6 pm

Feed your baby a bottle.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10 pm

Give your baby a dreamfeed.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.



Tip: If your baby sleeps all night and wakes at 6.15 am for the first time I suggest getting her up and feeding her straightaway then as soon as the feed is over pop her back to bed. Please let her sleep 20 minutes or until 7 am which ever is later offering her a top up feed at this time. Please keep her up until the time of her next routine sleep.

Routine for a bottle-fed baby aged six to eight weeks

This routine is for a baby aged 42 to 55 days old.

Feed times	Sleep times	Bedtime
7 am	8.30 am	7 pm
11 am	12.30 pm	
3 pm	Nap	Dreamfeed
6.20 pm	4.30 pm	10 pm

7 am

Wake your baby up and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

8.30 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (see self-settling in Chapter 9).

11 am

Wake your baby up and feed her a bottle.

12.30 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

3 pm

Wake your baby up and feed her a bottle.

4.30 pm

Take your baby for a walk or out in the car to encourage her to sleep in places other than her bed.

5.30 pm

Wake your baby up and bath her, or give top-to-toe wash.

6.20 pm

Feed your baby a bottle.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10 pm

Give your baby a dreamfeed.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

ROUTINES FOR BOTH BREASTFED AND BOTTLE-FED BABIES FROM EIGHT WEEKS OLD

Routine for a baby aged eight to ten weeks

This routine is for a baby aged 56 to 69 days old.

Feed times	Sleep times	Bedtime
7 am	8.45 am	7 pm
11 am	12.45 pm	
3 pm	Nap	Dreamfeed
6.30 pm	4.30	10.30 pm

7 am

Wake your baby up and feed her. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

8.45 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (see self-settling in Chapter 9).

11 am

Wake your baby up and feed her.

12.45 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

3 pm

Wake your baby up and feed her.

4.30 pm

Take your baby for a walk or out in the car to encourage her to sleep in places other than her bed.

5.15 pm

Wake your baby up and bath her, or give top-to-toe wash.

6.30 pm

Give your baby a feed. If you are breastfeeding and choose to give a bottle of expressed milk at this time, you will need to express 90 ml from each breast at 7.30 pm.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10.30 pm

Give your baby a dreamfeed.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.



Tip: From the time your baby is on my eight to ten-week routine you will no longer need to express milk to use my routines. However, if you want to continue to give your baby a bottle of expressed milk once a day you will need to express. This expressing should be done at the same time every day after either the 7 am or 11 am feeds or both depending on how much you need and how much you are able to express.

Routine for a baby aged ten weeks until you introduce solids

This routine is for a baby aged 70 days old until you introduce solids.

Feed times	Sleep times	Bedtime
7 am	9 am	7 pm
11 am	1 pm	
3 pm	Nap	Dreamfeed
6.30 pm	4.30 pm	10.30 pm

7 am

Wake your baby up and feed her. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

9 am

Swaddle your baby and put her in bed on her back awake and allow her to self-settle (see self-settling in Chapter 9).

11 am

Wake your baby up and feed her.

1 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

3 pm

Wake your baby up and feed her.

4.30 pm

Take your baby for a walk or out in the car to encourage her to sleep in places other than her bed. Don't worry if she doesn't as some babies only nap at this time every other day.

5.15 pm

Wake your baby up if necessary and bath her, or give top-to-toe wash.

6.30 pm

Give your baby a feed.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle.

10.30 pm

Give your baby a dreamfeed.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim so your baby starts to understand the difference between night and day.

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ROUTINES FROM STARTING SOLIDS TO 24 MONTHS

ROUTINE FOR A BABY ON SOLIDS UNTIL 6½ MONTHS

Feed times	Solids	Sleep times
7 am	8 am	9 am
11 am	12 noon	1 pm
3 pm	5.20 pm	4.30 pm (possible nap)
6.20 pm		
	Dreamfeed	Bedtime
	10.30 pm	7 pm

7 am

If your baby wakes before 7 am, delay her milk feed until 7 am as this will encourage your baby to sleep longer. Otherwise, wake your baby at 7 am and give her a milk feed.

8 am

Give your baby breakfast. Feed your baby until she turns her head away. I recommend you give your baby two courses, one savoury and one sweet.

9 am

Put your baby to bed awake and allow her to self-settle. This means without the help of you or a dummy.

11 am

Give your baby her milk feed. This feed will start to get smaller as your baby gets older and is eating more solids.

12 noon

Feed your baby two courses of solids, one savoury and one sweet.

1 pm

Put your baby to bed awake and allow her to self-settle.

3 pm

Wake your baby up and give her a milk feed.

4.30 pm

If your baby has not slept well, you might want to encourage a nap in the car or pram. At about 6½ months your baby no longer needs this nap.

5.20 pm

Feed your baby two courses of solids, one savoury and one sweet. If your baby is now skipping the nap at 4.30 pm, try giving solids at 5 pm to allow a bigger space before the milk feed.

6 pm

Bath your baby, or give top-to-toe wash.

6.20 pm

Give your baby her milk feed. Your baby needs to finish this feed at least ten minutes before bedtime.

7 pm

Put your baby to bed fully awake and allow her to self-settle.

10.30 pm

Dreamfeed.

ROUTINE FOR A BABY AGED 6½ TO NINE MONTHS

Feed times	Solids	Sleep times
7 am	8 am	9.20 am
11 am	12 pm	1.20 pm
When she wakes	5 pm	
6.30 pm	Bedtime	
	7 pm	

7 am

If your baby wakes before 7 am, delay her milk feed until 7 am as this will encourage your baby to sleep longer. Otherwise, wake your baby at 7 am and give her a milk feed.

8 am

Give your baby breakfast. Remember to feed your baby until she turns her head away. I recommend you give your baby two courses.

9.20 am

Put your baby to bed awake and allow her to self-settle. This means without the help of you or a dummy.

11 am

Give your baby her milk feed. This feed will start to get smaller as your baby gets older and is eating more solids. If you are worried about your baby's milk intake add expressed breastmilk or formula to her solid meals.

12 pm

Feed your baby two courses of solids for lunch, one savoury and one sweet.

1.20 pm

Put your baby to bed for a sleep. When she wakes, give her a milk feed. Do not let her day sleep add up in total to more than four hours.

5 pm

Feed your baby two courses of solids, one savoury and one sweet.

6 pm

Bath your baby, or give top-to-toe wash.

6.30 pm

Give your baby her full milk feed. Your baby needs to finish this feed at least ten minutes before bedtime. If this feed usually takes longer then start it earlier.

7 pm

Put your baby to bed fully awake.

ROUTINE FOR A BABY AGED NINE TO TWELVE MONTHS

Feed times	Solids	Sleep times
7 am	8 am	9.50 am
When she wakes	One hour after	Three hours after
When she wakes	her milk feed	she woke
6.30 pm	5 pm	
		Bedtime
		7 pm

7 am

If your baby wakes before 7 am, delay her milk feed until 7 am as this will encourage your baby to sleep longer. Otherwise, wake your baby at 7 am and give her a milk feed.

8 am

Give your baby breakfast. Remember to feed your baby until she turns her head away. I recommend you give your baby two courses.

9.50 am

Put your baby to bed awake and allow her to self-settle. This means without the help of you or a dummy. Let her sleep until she wakes up. When she wakes feed her half the amount of milk she usually has at 7 am, or feed her for half the time at the breast.

One hour after she woke up

Feed your baby two courses of solids, one savoury and one sweet.

Three hours after she woke up

Put your baby to bed for a sleep. When she wakes, give half her normal-sized milk feed. Do not let your baby sleep past 4.15 pm.

5 pm

Feed your baby two courses of solids, one savoury and one sweet.

6 pm

Bath baby, or give top-to-toe wash.

6.30 pm

Give your baby her full milk feed. Your baby needs to finish this feed at least ten minutes before bedtime. If this feed usually takes longer then start it earlier.

7 pm

Put your baby to bed fully awake.

SAMPLE ROUTINE FOR A BABY AGED TWELVE MONTHS

Feed times	Solids	Sleep times
7 am	8 am	10.15 am
6.40 pm	12.30 pm	Three hours and twenty minutes after she woke
	5 pm	
		Bedtime
		7 pm

7 am

If your baby wakes before 7 am, delay her milk feed until 7 am as this will encourage your baby to sleep longer. Otherwise, wake your baby at 7 am and give her a milk feed.

8 am

Give your baby breakfast. Remember to feed your baby until she turns her head away. I recommend you give your baby two courses, one savoury and one sweet.

10 am

Give your baby morning tea – some fruit or a biscuit and a drink of water or milk.

10.15 am

Put your baby to bed awake and allow her to self-settle. This means without the help of you or a dummy.

12.30 pm

Do not wake your baby if she is still asleep. Let her sleep as long as she wants to. Give your baby lunch when she wakes up.

Three hours and twenty minutes after she woke up

Put your baby to bed for a sleep. Do not let your baby sleep past 4.15 pm.

5 pm

Give your baby a dinner of two courses.

6 pm

Bath baby, or give top-to-toe wash.

6.40 pm

Give your baby her full milk feed (if you are still giving it). Your baby needs to finish this feed at least ten minutes before bedtime. If this feed usually takes longer start it earlier.

7 pm

Put your baby down to bed fully awake and allow her to self-settle.

SAMPLE ROUTINE FOR A BABY AGED FOURTEEN MONTHS

Feed times	Solids	Sleep times
7 am	8 am	10.45 am
6.40 pm	1 pm	Three hours and forty minutes after she woke
	5 pm	
		Bedtime
		7 pm

7 am

If your baby wakes before 7 am, delay her milk feed until 7 am as this will encourage your baby to sleep longer. Otherwise, wake your baby at 7 am and give her a milk feed.

8 am

Give your baby breakfast. Remember to feed your baby until she turns her head away. I recommend you give your baby two courses, one savoury and one sweet.

10 am

Give your baby morning tea – some fruit or a biscuit and a drink of water or milk.

10.45 am

Put your baby to bed awake and allow her to self-settle. This means without the help of you or a dummy.

1 pm

Do not wake your baby if she is still asleep. Let her sleep as long as she wants to. Give your baby lunch when she wakes up. If your toddler sleeps over 2½ hours then she does not need a second sleep.

Three hours and forty minutes after she woke up

Put your baby to bed for a sleep. Do not let your baby sleep past 4.15 pm.

5 pm

Give your baby dinner.

6 pm

Bath baby, or give top-to-toe wash.

6.40 pm

Give your baby her full milk feed (if you are still giving it). Your baby needs to finish this feed at least ten minutes before bedtime. If this feed usually takes longer start it earlier.

7 pm

Put your baby down to bed fully awake and allow her to self-settle.

SAMPLE ROUTINE FOR A TODDLER AGED SIXTEEN MONTHS

7 am

Some toddlers have given up the morning milk drink by this age, but if your toddler is interested, I still recommend it as the milk is very important for your toddler's bones. If your toddler wakes before 7 am, delay milk or breakfast until 7 am. If she does not wake before 7 am, don't wake her if you don't need to. When your toddler wakes up, start the morning with either her milk feed or breakfast. If you are still giving a milk feed, give breakfast one hour after the milk.

10 am

Give your toddler morning tea – some fruit or a biscuit and a drink of water or milk.

11.30 am

Give your toddler something to eat, as this will most likely be the time your toddler has lunch for the next couple of months.

12 noon

Put your toddler to bed awake and allow her to self-settle.

2.30 pm

Do not let your toddler sleep for more than two and a half hours. When your toddler wakes up she will need something to eat and drink. What and how much will depend on when and how much your toddler ate at lunch.

5 pm

Give your toddler dinner.

6 pm

Bath your toddler, or give top-to-toe wash.

6.40 pm

Give your toddler her milk drink from breast, bottle or cup.

7 pm

Put your toddler to bed fully awake and allow her to self-settle.

SAMPLE ROUTINE FOR A TODDLER AGED EIGHTEEN MONTHS

7 am

Some toddlers have given up the morning milk drink by this age, but if your toddler is interested, I still recommend it as the milk is very important for your toddler's bones. If your toddler wakes before 7 am, delay milk or breakfast until 7 am. If she does not wake before 7 am, don't wake her if you don't need to. When your toddler wakes up, start the morning with either her milk feed or breakfast. If you are still giving a milk drink, give breakfast one hour after the milk.

10 am

Give your toddler morning tea – some fruit or a biscuit and a drink of water or milk.

12 noon

Give your toddler some lunch.

12.45 pm

Put your toddler to bed awake and allow her to self-settle.

2.45 pm

Do not let your toddler sleep for more than two hours. When your toddler wakes up she will need something to eat and drink.

5 pm

Give your toddler dinner.

SAMPLE ROUTINE FOR A TODDLER AGED 24 MONTHS UNTIL THE DAYTIME NAP HAS GONE

7 am

Some toddlers have given up the morning milk drink by this age, but if your toddler is interested, I still recommend it as the milk is very important for your toddler's bones. If your toddler wakes before 7 am, delay milk or breakfast until 7 am. If she does not wake before 7 am, don't wake her if you don't need to. When your toddler wakes up, start the morning with either her milk feed or breakfast. If you are still giving a milk drink, give breakfast one hour after the milk.

10 am

Give your toddler morning tea – some fruit or a biscuit and a drink of water or milk.

12.20 pm

Give your toddler some lunch.

1 pm

Put your toddler to bed awake and allow her to self-settle. If your toddler starts to take a long time to settle for her day sleep or starts to throw her comforter out of her cot, try putting her to bed twenty minutes later. The latest I would recommend you put your toddler to bed is 2.45 pm.

Your toddler will reach a stage where she will no longer need a sleep or nap during the day. At this stage a rest is a good idea until she is about four years old. If your toddler stops sleeping at this time, you can make it a rest time by giving her a few books to read in bed.

Two hours after you put your toddler to bed or 3.30 pm

Wake your toddler up two hours after she went to bed or at 3.30 pm whichever is earlier. Do not let your toddler sleep past 3.30 pm regardless of when she went to sleep. Offer her a drink and a small afternoon snack.

5 pm

Give your toddler dinner.

THE BEDTIME RITUAL

6 pm

Bath your toddler, or give a top-to-toe wash.

6.30 pm

Give your toddler her milk drink from the breast, bottle or cup. If you would like to read a story to your little one this is the time to do it, but it's best to ensure that both the story and the milk feed are over by 6.40 pm.

6.40 pm

Have active play time out of your toddler's bedroom.

6.55 pm

Brush your toddler's teeth.

6.59 pm

Say goodnight to a few toys and pop your toddler in her safe sleep bag and into her cot, then tuck her in under sheets and blankets. Say goodnight and walk out of the bedroom, allowing her to settle himself.

A NEW BABY WITH A TODDLER ON A ROUTINE

Below is a sample routine to help you adjust my routines for a household with a toddler and a new baby.

SAMPLE ROUTINE FOR A TWENTY-MONTH-OLD TODDLER AND A TEN-WEEK-OLD BABY

Baby feed times	Toddler meal times	Baby sleep times	Toddler sleep times
7 am	8 am: breakfast	9 am	
11 am	10 am: morning tea	12.45 pm	12.45 pm
3 pm	12 noon: lunch	4.30 pm: nap	
6.30 pm	5 pm: dinner	7 pm: bedtime	7 pm: bedtime
10.30 pm: dreamfeed			

7 am

Wake your baby up and feed her. If your toddler wakes before 7 am, delay giving her milk drink until 7 am. If she is still asleep, let her wake in her own time.

8 am

Give your toddler her breakfast.

9 am

Aim to have somewhere to go each morning where your toddler can burn some energy and you can let your baby have her morning sleep in her pram.

10 am

Give your toddler morning tea.

11 am

Wake your baby up and feed her.

12 noon

Give your toddler lunch.

12.45 pm

Aim to put both your toddler and baby down at 12.45 pm each day so you get a break. If your baby has had a good two-hour sleep in the morning then keep her up until 1 pm.

2.45 pm

Wake your toddler up and give her a snack and a drink of milk or water.

3 pm

Wake your baby up and feed her.

4 pm

Take both baby and toddler out – maybe to the park, so your baby can nap and your toddler can burn a little more energy!

5 pm

Give your toddler dinner.

5.15 pm

Wake your baby up from her nap if necessary.

6 pm

Bath your children.

6.30 pm

Give your baby a feed and your toddler a drink of milk.

6.50 pm

Read both your baby and your toddler a story before putting them to bed.

7 pm

Swaddle your baby and put her in bed on her back awake and allow her to self-settle. Then put your toddler to bed.

10.30 pm

Give your baby a dreamfeed.

Night feeds

Feed your baby when she wakes during the night. During night feeds, try not to talk to your baby and keep the lights dim, so your baby starts to understand the difference between night and day.

8

MULTIPLE LOVE AND EARLY ARRIVALS

A guide to breastfeeding twins before your milk comes in

If breastfeeding twins together use the guide below until your milk comes in. If breastfeeding twins separately use the sample routine for breastfeeding twins separately aged one week and over 3 kg and only put your babies on the breast for the length of time given on the chart below until your milk comes in.

	Baby A	Baby B
<i>Day one:</i> feed each baby every three hours from the breast you have allocated to that baby for the day	Right breast for 10 minutes	Left breast for 10 minutes
<i>Day two:</i> feed each baby every three hours but on the opposite breast to the day before (read my advice on alternating between breasts later in this chapter)	Left breast for 16 minutes	Right breast for 16 minutes
<i>Day three:</i> feed each baby from the allocated breast every three hours	Right breast for 21 minutes	Left breast for 21 minutes
<i>Day four and every day until your milk comes in:</i> feed each baby from the allocated breast every three hours	Left breast for 28 minutes	Right breast for 28 minutes

Note: If you have more than two babies you will need to ask a lactation consultant for breastfeeding advice.

Sample routine for twin babies breastfeeding separately aged one week to two weeks (and until your babies are over 3 kg and two weeks corrected age if premature)

Feed times for twin A	Feed times for twin B	Sleep times for twin A	Sleep times for twin B
6.35 am/7.25 am	7 am/7.45 am	7.50 am	8.15 am
9.35 am/10.25 am	10 am/10.45 am	11.05 am	11.30 am
12.35 pm/1.25 pm	1 pm/1.45 pm	2.05 pm	2.30 pm
3.35 pm/4.25 pm	4 pm/4.45 pm		
5.35 pm/6.25 pm	6 pm/6.30 pm	Bedtime 7 pm	Bedtime 7 pm
9.05 pm	9.30 pm		
2.25 am (at the latest)			

6.35 am

Wake baby **A** up and feed her for twenty minutes from your *right* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy. As you can see, I am allowing five minutes throughout for winding but this may take a little longer so adjust times if necessary.

7 am

Wake baby **B** up and feed him for twenty minutes from your *left* breast. You will wake and feed him even if he last fed at 5.30 am, so he is always starting his day at the same time and on a full tummy.

7.25 am

Put baby **A** back on your *right* breast and feed her for fifteen minutes.

7.45 am

Put baby **B** back on your *left* breast and feed him for fifteen minutes.

7.50 am

Take baby **B** off the *left* breast and swaddle baby **A**, put her in bed on her back awake and allow her to self-settle. Burp baby **B** and put him back on *left* breast and continue feed.

8.15 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

9.35 am

Wake baby **A** up and feed her for twenty minutes from your *right* breast.

10 am

Wake baby **B** up and feed him for twenty minutes from your *left* breast.

10.25 am

Put baby **A** back on your *right* breast and feed her for fifteen minutes.

10.45 am

Put baby **B** back on your *left* breast and feed him for fifteen minutes.

11.05 am

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

11.30 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

12.35 pm

Wake baby **A** up and feed her for twenty minutes from your *right* breast.

1 pm

Wake baby **B** up and feed him for twenty minutes from your *left* breast.

1.25 pm

Put baby **A** back on your *right* breast and feed her for fifteen minutes.

1.45 pm

Put baby **B** back on your *left* breast and feed him for fifteen minutes.

2.05 pm

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

2.30 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

3.35 pm

Wake baby **A** up and feed her for twenty minutes from your *right* breast.

4 pm

Wake baby **B** up and feed him for twenty minutes from your *left* breast.

4.25 pm

Put baby **A** back on your *right* breast and feed her for fifteen minutes.

4.45 pm

Put baby **B** back on your *left* breast and feed him for fifteen minutes. After this feed, put your babies down somewhere comfortable and safe, so if they feel like having a little nap they may. But don't put them in their beds as they may choose not to sleep. The best option would be to go for a walk at this time.

5.35 pm

Feed baby **A** for twenty minutes from your *right* breast.

6 pm

Feed baby **B** for twenty minutes from your *left* breast.

6.25 pm

Put baby **A** back on your *right* breast and feed her for five minutes.

6.32 pm

Put baby **B** back on your *left* breast and feed him for five minutes.

6.40 pm

Bath babies, or give top-to-toe wash. Some parents find it easier to bath their babies at another point earlier in the day. At this young age their bath does not have to be at the same time every day.

7 pm

Swaddle both babies and put them in bed on their backs awake and allow them to self-settle.

9.05 pm

Wake baby **A** up and feed her for twenty minutes from your *right* breast, then put her straight back in bed.

9.30 pm

Wake baby **B** up and feed him for twenty minutes from your *left* breast, then put him straight back in bed.

Night feeds

Set your alarm clock for 2.25 am every night, in case your babies have not woken for a feed: it is very important you don't go more than five hours without feeding at least one of your babies in week one. However, if one of your babies woke, for example, at 12.30 am and fed, then reset your alarm for 5.30 am. If you do need to wake one of your babies for a feed in the night, I advise you feed the smaller baby. But if either (or both) of them woke any time after 1.55 am and fed, reset your alarm for just before 7 am so you can get up and feed. During night feeds, try not to talk to your babies and keep the lights dim so they start to understand the difference between night and day.

Sample routine for twin babies breastfeeding separately aged six to eight weeks

This is a sample routine for twin babies aged 42 to 56 days old. You will need to remember to feed one baby on one breast all day.

Feed times for twin A	Feed times for twin B	Sleep times for twin A	Sleep times for twin B
6.30 am	7 am	8 am	8.30 am
10.30 am	11 am	12 noon	12.30 pm
2.15 pm	2.45 pm	Nap 3.45 pm	Nap 4.15 pm
5.20 pm	5.50 pm	Bedtime 6.30 pm	Bedtime 7 pm
Dreamfeed 9.30 pm	Dreamfeed 10 pm		

6.30 am

Wake baby **A** up and feed her for 25 minutes from your *right* breast. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time on a full tummy.

7 am

Wake baby **B** up and feed him for 25 minutes from your *left* breast. You will wake and feed him even if he last fed at 5.30 am, so he is always starting his day at the same time and on a full tummy. After you have fed and winded baby **B** put baby **A** back on your *right* breast for a further fifteen minutes. Then put baby **B** back on the *left* breast for a further fifteen minutes.

8 am

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

8.30 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

10.30 am

Wake baby **A** up and feed her for 25 minutes from your *right* breast.

11 am

Wake baby **B** up and feed him for 25 minutes from your *left* breast. After you have fed and winded baby **B** put baby **A** back on your *right* breast for a further 15 minutes. Then put baby **B** back on the *left* breast for a further 15 minutes.

12 noon

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

12.30 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

2.15 pm

Wake baby **A** up and feed her for 25 minutes from your *right* breast.

2.45 pm

Wake baby **B** up and feed him for 25 minutes from your *left* breast. After you have fed and winded baby **B** put baby **A** back on your *right* breast for a further fifteen minutes. Then put baby **B** back on the *left* breast for a further fifteen minutes.

3.45 pm

Take your babies for a walk or out in the car to encourage them to sleep in places other than their beds.

4.45 pm

Wake your babies up if necessary. Sleeping past 4.45 pm could affect how well your babies settle at bedtime.

5 pm

Bath your babies, or give them a top-to-toe wash. Some parents find it easier to bath their babies every other night.

5.20 pm

Feed baby **A** for 25 minutes from your *right* breast.

5.50 pm

Feed baby **B** for 25 minutes from your *left* breast. After you have fed and winded baby **B** put baby **A** back on your *right* breast for a further eighteen minutes. Then put baby **B** back on the *left* breast for his further eighteen minutes.

6.40 pm

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

7 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

9.30 pm

Give baby **A** a dreamfeed.

10 pm

Give baby **B** a dreamfeed.

Night feeds

Feed your babies when they wake during the night. During night feeds, try not to talk to your babies and keep the lights dim so they start to understand the difference between night and day.

Sample routine for twin babies bottle-feeding separately aged newborn to two weeks (and until your babies are over 3 kg)

This is a sample routine for twin babies aged one to thirteen days old and over 3 kg.

Feed times for twin A	Feed times for twin B	Sleep times for twin A	Sleep times for twin B
6.15 am	7 am	7.30 am	8.15 am
9.45 am	10.30 am	11 am	11.45 am
1.15 pm	2 pm	2.30 pm	3.15 pm
5.15 pm	6 pm	Bedtime 6.15 pm	Bedtime 7 pm
8.45 pm	9.30 pm		

Important: Always feed your baby until he is full – never give your baby a set amount.

6.15 am

Wake up baby **A** and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

7 am

Wake up baby **B** and feed him a bottle. You will wake and feed him even if he last fed at 5.30 am, so he is always starting his day at the same time and on a full tummy.

7.30 am

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

8.15 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

9.45 am

Wake up baby **A** and feed her a bottle.

10.30 am

Wake up baby **B** and feed him a bottle.

11 am

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

11.45 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

1.15 pm

Wake up baby **A** and feed her a bottle.

2 pm

Wake up baby **B** and feed him a bottle.

2.30 pm

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

3.15 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

4.45 pm

Wake up baby **A** and bath her, or give a top-to-toe wash. Even if you choose not to bath your baby every night, you will still need to get her up at this time so she does not have too much sleep in the day.

5.15 pm

Feed baby **A** a bottle.

5.30 pm

Wake baby **B** up and, if you have help, bath him or give a top-to-toe wash. If you do not have help, allow this baby to sit in a bouncy chair or lie under a play gym until you have finished baby **A**'s feed (you could bath baby **B** before the 9.30 pm feed).

6 pm

Feed baby **B** a bottle.

6.15 pm

Interrupt baby **B**'s feed and swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

7 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

8.45 pm

Wake up baby **A** and feed her a bottle.

9.30 pm

Wake up baby **B** and feed him a bottle.

Sample routine for twin babies bottle-feeding separately aged six to eight weeks

This is a sample routine for twin babies aged 42 to 55 days old.

Feed times for twin A	Feed times for twin B	Sleep times for twin A	Sleep times for twin B
6.30 am	7 am	8 am	8.30 am
10.30 am	11 am	12 noon	12.30 pm
2.30 pm	3 pm	Nap 4 pm	Nap 4.30 pm
5.50 pm	6.20 pm	Bedtime 6.30 pm	Bedtime 7 pm
Dreamfeed 9.30 pm	Dreamfeed 10 pm		

6.30 am

Wake up baby **A** and feed her a bottle. You will wake and feed her even if she last fed at 5.30 am, so she is always starting her day at the same time and on a full tummy.

7 am

Wake up baby **B** and feed him a bottle. You will wake and feed him even if he last fed at 5.30 am, so he is always starting his day at the same time and on a full tummy.

8 am

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

8.30 am

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

10.30 am

Wake up baby **A** and feed her a bottle.

11 am

Wake up baby **B** and feed him a bottle.

12 noon

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

12.30 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

2.30 pm

Wake up baby **A** and feed her a bottle.

3 pm

Wake up baby **B** and feed him a bottle.

4 pm

Take your babies for a walk or out in the car to encourage them to have a nap in places other than their beds.

5.15 pm

Make sure both babies are awake from their naps.

5.20 pm

Bath your babies, or give top-to-toe wash.

5.50 pm

Feed baby **A** a bottle.

6.20 pm

Feed baby **B** a bottle.

6.30 pm

Swaddle baby **A** and put her in bed on her back awake and allow her to self-settle.

7 pm

Swaddle baby **B** and put him in bed on his back awake and allow him to self-settle.

9.30 pm

Give baby **A** a dreamfeed.

10 pm

Give baby **B** a dreamfeed.

Night feeds

Feed your babies when they wake during the night. During night feeds, try not to talk to your babies and keep the lights dim so they start to understand the difference between night and day.

SAVE OUR SLEEP SELF-SETTLING GUIDE

Age	After putting your baby to bed, walk out of the room for a minimum time of:	When you decide you cannot listen to your baby's protest cry any longer, go in and try to settle her for the below time before taking a break	After your ten-minute break, put your baby back to bed and start again with the below minimum times
Newborn to 2 weeks	2 minutes	22 minutes	2 minutes
2 to 8 weeks	4 minutes	22 minutes	4 minutes
8 to 12 weeks	6 minutes	22 minutes	6 minutes
3 to 4 months	8 minutes	22 minutes	8 minutes
4 to 6 months	12 minutes	46 minutes	12 minutes
6 months until your baby is standing in her cot	18 minutes	46 minutes	18 minutes
Standing in the cot to nine months	Lay your baby down 15 times and then walk out for a minimum of 18 minutes	46 minutes	Lay your baby down 15 times and then walk out for a minimum of 18 minutes
Nine to twelve months	Lay your baby down 15 times and then walk out for a minimum of 20 minutes	Stay with your baby until she is asleep	n/a
Twelve months until in a bed	Lay your baby down 15 times and stay out until your baby is asleep	No help needed	n/a

When timing the recommended minimum time, only count continuous protesting: if there is a gap of five seconds or more you need to start timing again. The longer you are able to resist going in and helping

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BREAKS TO THE ROUTINE

AN EXAMPLE OF MAKING THE TRANSITION TO DAYLIGHT-SAVING: TEN WEEKS UNTIL SOLIDS ROUTINE

	Thursday	Friday	Saturday	Sunday
Feed	7 am	7 am	6.40 am	7 am (6 am old time)
Sleep	9 am	9 am	8.40 am	9 am (8 am)
Feed	11 am	11 am	10.40 am	11 am (10 am)
Sleep	1 pm	1 pm	12.40 pm	1 pm (12 noon)
Feed	3 pm	2.40 pm	2.20 pm	3 pm (2 pm)
Nap	4.30 pm	4.10 pm	3.50 pm	4.30 pm (3.30 pm)
Bath	5.15 pm	4.55 pm	4.35 pm	5.15 pm (4.15 pm)
Feed	6.30 pm	6.10 pm	5.50 pm	6.30 pm (5.30 pm)
Bedtime	7 pm	6.40 pm	6.20 pm	7 pm (6 pm)
Dreamfeed	10.30 pm	10.10 pm	9.50 pm	10.30 pm (9.30 pm)

AN EXAMPLE OF MAKING THE TRANSITION FROM DAY-LIGHT-SAVING: TEN WEEKS UNTIL SOLIDS ROUTINE

	Thursday	Friday	Saturday	Sunday
Feed	7 am	7.20 am	7.40 am	7 am (8 am old time)
Sleep	9 am	9.20 am	9.40 am	9 am (10 am)
Feed	11 am	11.20 am	11.40 am	11 am (12 noon)
Sleep	1 pm	1.20 pm	1.40 pm	1 pm (2 pm)
Feed	3 pm	3.20 pm	3.40 pm	3 pm (4 pm)
Nap	4.30 pm	4.50 pm	5.10 pm	4.30 pm (5.30 pm)
Bath	5.15 pm	5.35 pm	5.55 pm	5.15 pm (6.15 pm)
Feed	6.40 pm	7 pm	7.20 pm	6.30 pm (7.30 pm)
Bedtime	7.10 pm	7.40 pm	8 pm	7 pm (8 pm)
Dreamfeed	10.40 pm	11 pm	11.20 pm	10.30 pm (11.30 pm)

RECOMMENDED IMMUNISATION SCHEDULE (0 TO 4 YEARS)

Age	Disease immunised against
Birth	Hepatitis B (hepB)
2 months	Hepatitis B, diphtheria, tetanus, acellular pertussis (whooping cough), <i>Haemophilus influenzae</i> type b, inactivated poliomyelitis (polio) (hepB-DTPa-Hib-IPV) Pneumococcal conjugate (13vPCV) Rotavirus
4 months	Hepatitis B, diphtheria, tetanus, acellular pertussis (whooping cough), <i>Haemophilus influenzae</i> type b, inactivated poliomyelitis (polio) (hepB-DTPa-Hib-IPV) Pneumococcal conjugate (13vPCV) Rotavirus
6 months	Hepatitis B, diphtheria, tetanus, acellular pertussis (whooping cough), <i>Haemophilus influenzae</i> type b, inactivated poliomyelitis (polio) (hepB-DTPa-Hib-IPV) Inactivated poliomyelitis (IPV) Pneumococcal conjugate (13vPCV)
12 months	<i>Haemophilus influenzae</i> type b and meningococcal C (Hib-MenC) Measles, mumps and rubella (MMR)
12–18 months	Pneumococcal conjugate (13vPCV) (Aboriginal and Torres Strait Islander children in high risk areas)
12–24 months	Hepatitis A (Aboriginal and Torres Strait Islander children in high risk areas)
18 months	Measles, mumps, rubella and varicella (chickenpox) (MMRV)
4 years	Diphtheria, tetanus, acellular pertussis (whooping cough) and inactivated poliomyelitis (polio) (DTPa-IPV) Measles, mumps and rubella (MMR) (to be given only if MMRV vaccine was not given at 18 months)

National Immunisation Program Schedule, Australian Government Department of Health and Ageing, published 2013 © Commonwealth of Australia reproduced by permission.

APPENDIX

First foods – alphabetical

Apples: From 4 months – peeled, cored, cooked and given as a purée.

Apricots: From 6 months – stoned, cooked and given as a purée, or raw from 8 months.

Asparagus: From 7 months as a finger food.

Avocado: From 6 months – mashed.

Bananas: From 6 months – raw as a purée (look out for constipation).

Bean sprouts: From 12 months as a finger food.

Beans (green): From 5 months – cooked and given as a purée.

Beans (pulses): From 8 months – may cause wind and some babies find them hard to digest.

Beef: From 9 months in casseroles. (Mince from 8 months.)

Beetroot: From 9 months in a meal.

Berries: From 12 months – be careful with strawberries as some babies may have an allergic reaction.

Bread: From 10 months – try a small amount of wheat in breakfast cereal first. The reason I say not to give bread is because your baby can make it into a ball in his mouth and choke on it.

Broccoli: From 6 months – cooked and given as a purée.

Brussels sprouts: From 8 months – be careful as can cause an upset tummy.

Butter: From 6 months in a small amount while cooking.

Cabbage: From 8 months.

Capsicum (peppers): From 7 months in casseroles.

Carrots: From 4 months – cooked and given as a purée.

Cauliflower: From 6 months – cooked and given as a purée.

Celery: From 18 months as a finger food.

Cheese: From 6 months – give in very small amounts initially and watch for a reaction.

Chicken: From 6 months – puréed in a casserole.

Corn on the cob: Not recommended until your child has a full set of teeth, so around 2½ years.

Couscous: From 7 months.

Cucumber: From 10 months as a finger food.

Custard: From 2½ years – contains eggs so watch for a reaction.

Dried fruit (currants, raisins, sultanas): From 8 months.

Egg whites: From 12 months – look out for a reaction.

Egg yolk: Hard-boiled yolk can be given from 9 months – look out for a reaction.

Eggplant (aubergine): From 9 months in a meal.

Figs: From 9 months.

Fish: From 6 months – look out for a reaction.

Fruits: From 12 months (unless individually listed otherwise).

Garlic: From 9 months in very small amounts.

Grapefruit: From 5 years – may cause an allergic reaction.

Grapes: From 5 years.

Honey: From 12 months

Kiwifruit: From 5 years – may cause an allergic reaction.

Lamb: From 6 months in a casserole.

Leek: From 8 months.

Lentils: From 6 months.

Lettuce: From 12 months – can be given raw.

Liver: From 9 months in small amounts (to my amazement, lots of babies like it!).

Mango: From 6 months – raw, mashed or puréed.

Melon: From 8 months as a finger food. (See watermelon.)

Milk: From 12 months in small amounts added to foods – watch for a reaction. As a drink from 14 months.

- Mushrooms:** From 9 months in casseroles.
- Nuts:** I would *never* give whole nuts to a child less than 5 years old. This excludes spreads such as nutella and peanut butter.
- Oats:** From 6 months in infant cereal.
- Onion:** From 8 months – remove skins, dice and cook in casseroles.
- Parsnips:** From 8 months – cooked and mashed. (Before 8 months often causes vomiting.)
- Pasta:** From when your baby is eating finger foods, but not before 8 months.
- Peaches:** From 6 months – cooked and given as a purée.
- Pears:** From 4 months – cooked and given as a purée.
- Peas:** From 6 months – cooked and given as mash or purée.
- Pineapple:** From 12 months as a finger food.
- Plums:** From 12 months in very small amounts – look out for a reaction.
- Potatoes:** From 4 months – cooked and given as a purée.
- Prunes:** From 9 months.
- Pumpkin:** From 4 months cooked and given as a purée (UK pumpkin from 8 months cooked and mashed).
- Rice:** From 7 months – cooked.
- Rice-based infant cereal:** From 4 months.
- Rhubarb:** From 8 months – cooked and mashed.
- Shellfish:** From 18 months – look out for a reaction.
- Spinach:** From 7 months – cooked.
- Swede:** From 4 months – cooked and given as a purée.
- Sweet corn:** From 8 months (don't be surprised if you find it in your baby's nappy!).
- Sweet potato:** From 5 months – cooked and given as a purée.
- Tomatoes:** From 8 months – raw, skinned and seeded or cooked and given in meals.
- Turnip:** From 5 months – cooked and given as a purée.
- Vegetable oil:** From 8 months in cooking.
- Watermelon:** From 6 months – given with pips removed or as purée.
- Wheat-based infant cereal:** From 7 months – look out for a reaction.
- Yoghurt:** From 6 months – look out for a reaction.
- Zucchini (courgette):** From 4 months – cooked and given as a purée.

