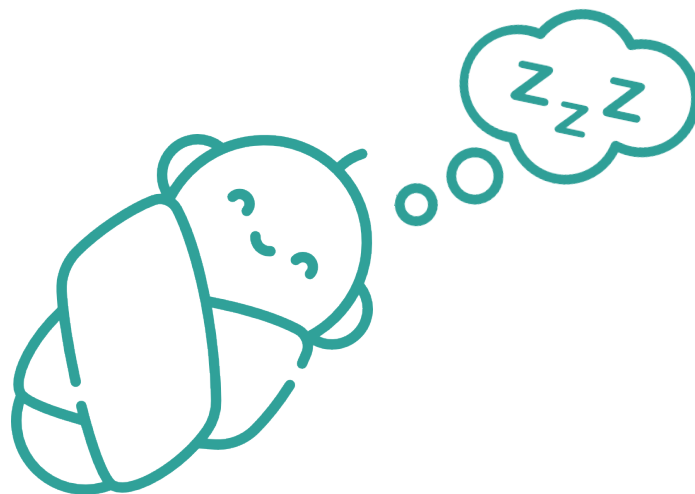


As your baby grows, their sleep needs change and the number of naps or amount of day sleep will change. A summary of these are below:

Age	Average day sleep	Average number of naps
0 - 3 months	6 - 8 hours	4 - 6 naps
3 - 4 months	4 - 5 hours	3 - 4 naps
5 - 6 months	3 - 4 hours	3 naps
7 - 9 months	2 - 3.5 hours	2 naps
10 - 12 months	2 - 3 hours	2 naps
12 - 18 months	2 - 2.5 hours	2 naps with some dropping to 1 nap
18+ months	1.5 - 2 hours	1 - 0 naps

Remember though, these timings are just an average and every baby's sleep needs are different!



Whilst there are common strategies that may support the sleep of babies and children, there are also different parenting and professional styles that may favour one approach over another. There is no single solution that will suit everyone. The advice contained in these downloads is for general information purposes only and is intended to give you some basic tips and strategies. Our advice is NOT intended to be a substitute for medical advice or treatment.