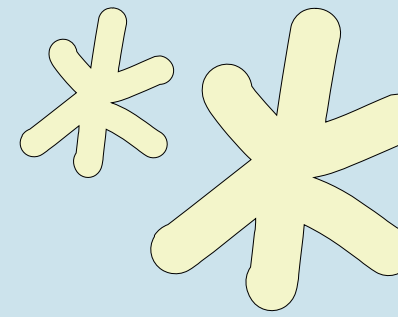


12 month sleep and developmental milestone chart



Month 1 (0-4 weeks)

Baby's experience

Babies can experience a growth spurt in the first 1-3 weeks of their life. Growth spurts typically pass within a week. To keep up with growth, your baby will want to take larger portions or feed more often. You might experience increased fussiness during feeding if your supply cannot keep up.

Impact on sleep

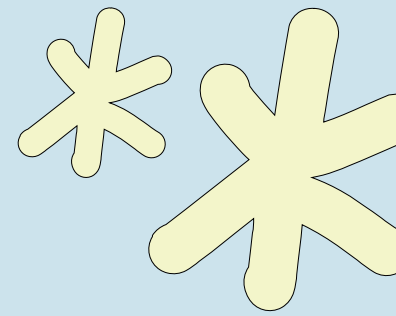
To keep up with growth, your baby may feed more often in the night, so night sleep can be disrupted.

You may also experience shorter naps because of your baby's hunger pangs.

What you can do

Feed when your baby's hungry (but try not to let your baby fall asleep whilst feeding).

Focus on keeping to your baby's wake window of 45mins to 1h and keep track of how much is drunk per wake window instead of following a strict feeding schedule.



Month 2 (5-8 weeks)

Baby's experience

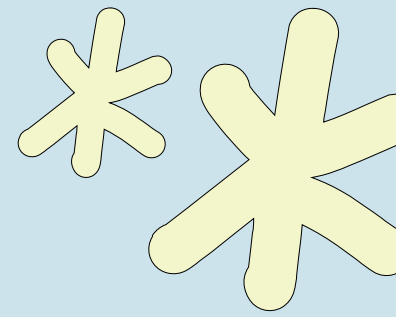
Your baby's undergoing the leap of 'changing perceptions'. He's sensing more of what's around him but ironically that also leads to him being easily overstimulated. He also experiences his 2nd growth spurt at around 6-8 weeks of age

Impact on sleep

Dr Marc Weissbluth calls this period "the peak of fussiness". Your baby might cry a lot and be inconsolable. Naps (if they happen) aren't long, and by the end of the evening, your baby might be a big bunch of 'overtired', which also lends to night wakes.

What you can do

If it suits, shift your baby's bedtime to an earlier hour or assist the later naps by using motion. As best as you can, reduce over stimulation in your baby's environment and adhere to his wake window of 60-75mins on a best effort basis. Use the same strategies at Month 1 for the growth spurt.



Month 3 (9-12 weeks)

Baby's experience

Your baby undergoes the leaps of 'patterns' in month 3. Physically, your baby might be starting to initiate a roll. At around 12 weeks your baby can also experience another growth spurt.

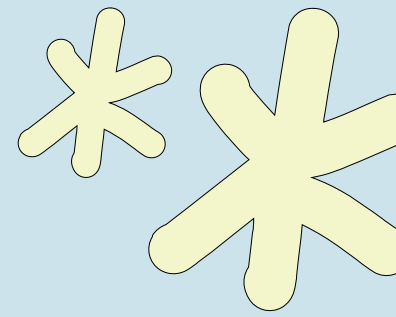
Impact on sleep

Initially a baby will roll from back to tummy and get stuck there. Prolonged tummy-time is hard, so your baby will call out for help if this happens mid sleep. According to the AAP guidelines, you should not allow your baby to sleep on the tummy unsupervised, so be sure to flip your baby onto his/her back.

What you can do

Your baby now understands patterns so its a great time to introduce a solid pre-sleep routine.

Transition out of a swaddle and bassinet once your baby's rolling. Encourage your baby to practice rolling during wake windows, so that practice time isn't during sleep time. Use the same strategies at Month 1 for the growth spurt.



Month 4 (13-16 weeks)

Baby's experience

Anywhere from 13 weeks, your baby could start showing signs of the 4m sleep regression, which is when your baby graduates from a 2-stage to a 4-stage sleep cycle. Sleep is affected as there are more light sleep stages for your baby to navigate.

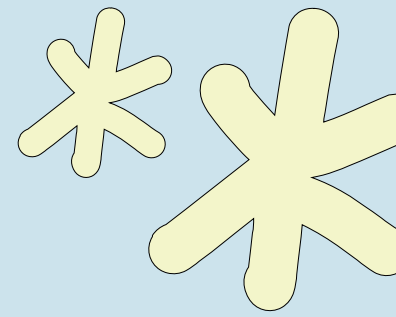
Impact on sleep

Sleep will take a hit as your baby navigates the 4m regression and you will experience shorter naps, night wakings, etc. If these were already in the mix, they worsen.

This regression, like all regressions, generally lasts 1-2 weeks.

What you can do

Be mindful if you introduce unsustainable soothing strategies to survive this rough patch. Unattended, these can become bad habits. By this age, your baby's self-soothing ability & resilience would have increased, so consider sleep training if after 1-2 weeks, your baby still won't sleep without intervention.



Month 5 (17-20 weeks)

Baby's experience

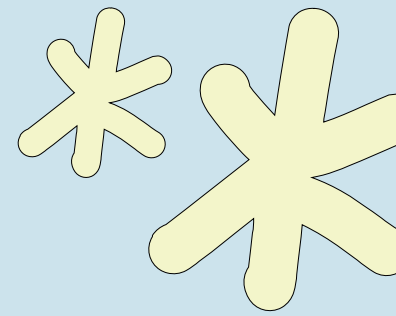
At month 5, your baby undergoes the leap of 'events'. You may notice your baby practicing the same smooth movement over and over or grabbing and examining a plaything thoroughly.

Impact on sleep

Your baby has the ability to fight sleep at this age, and if the cot is surrounded by playthings, your baby could be dis-incentivized to fall sleep

What you can do

Keep your baby's sleeping environment boring, quiet and dark to encourage sleep at the right time.



Months 6-7 (21-28 weeks)

Baby's experience

By now your baby should be sitting up independently, heralding the introduction of solids.

Because of the leap of 'relationships': 1) separation anxiety could start. 2) your baby starts realizing he can influence what happens around him and push back.

Finally in month 6, there tends to be a growth spurt.

Impact on sleep

At sleeps, your baby may show anxiety or fight sleep on your leaving the room despite always being alone before this.

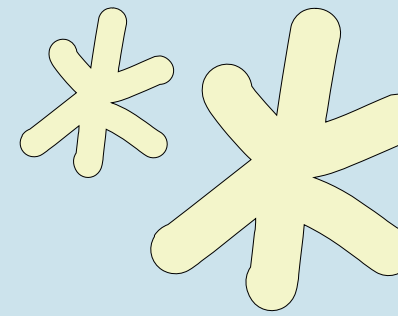
If you respond by giving in, then your baby's behaviour could persist or worsen.

Your baby's gut also is coping with new foods and that could cause sleep disruptions.

What you can do

Offer your baby comfort during this period of transition, but avoid any dependencies like staying in the room or holding your baby to sleep.

For food, new tastes should be introduced earlier in the day to avoid affecting bedtime. Foods should also be introduced slowly type by type.



Month 8 (29-32 weeks)

Baby's experience

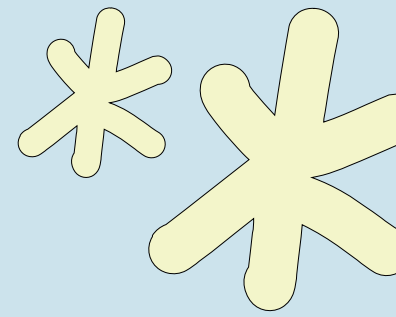
At month 8, your baby is probably starting crawling (whether on the knees or in an army prone), and pulling to stand (this may or may not include cruising).

Impact on sleep

There's a lot happening in the brain, and your baby could feel a compulsion to practice instead of sleep. If pulling to stand, your baby also might not know how to lower to a sitting position and so call for your help.

What you can do

Don't force your baby to lie down in the cot if he's adamant on practicing. Just pat the mattress and remind your baby that 'we lay down for sleep'. Help your baby lower down if he doesn't know how to sit from standing. And give your baby ample practice time during wake windows.



Months 9-10 (33-40 weeks)

Baby's experience

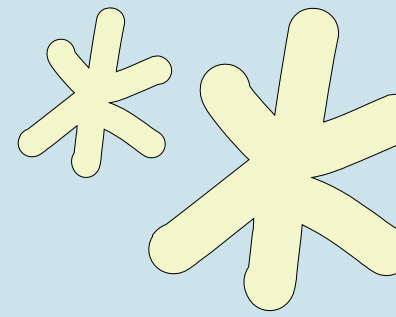
In these months, your baby experiences a growth spurt and the leap of 'categories'. Your baby may also start to show issues with naps: he might take really long to fall asleep, or refuse a nap altogether.

Impact on sleep

Your baby's brain is very busy, so naturally it becomes difficult to sleep. You may be tempted by the nap refusal to drop your baby to one nap. This isn't prudent as your baby's probably a little too young and vulnerable to overtiredness with such a large wake window.

What you can do

Start by observing your baby's sleep for 1-2 weeks to see the developmental phase blows over. If not, implement quiet time (preferably in the cot) for your baby during the usual nap period. Even if he does not sleep, being quiet is more restful than being stimulated. Then have an earlier bedtime (e.g. 6pm).



Months 11-12 (41-48 weeks)

Baby's experience

Your baby might start showing signs of starting walking, and you might notice he's starting to use single words to communicate with you. This period is also when your baby goes through the leap of 'sequences'. Your baby might also start showing signs of rejecting a nap.

Impact on sleep

Your baby's brain is very busy, so naturally it becomes difficult to sleep. At the same time, your baby's stamina's increased and it could be the time to drop him down to a single 1.5 to 2h nap in the middle of the day.

What you can do

Don't be too quick to come to the conclusion that your baby's ready for 1 nap. Instead, observe your baby's sleep for the next 1-2 weeks to see if things return to the way they were. If not, then transition your baby to a single nap schedule by stretching his wake window to 4.5-5 hours.