

# Realistic nighttime expectations



★ **How many night wakings does your child currently have on average?**

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★ **How many of those night wakings are feeds?**

.....

### NIGHT FEEDS\*

AGE	LONGEST STRETCH OF SLEEP	GOAL NUMBER OF FEEDS	INITIAL TIME BETWEEN FEEDS
4 months	4-6 h	2-3	3-4 h
5 months	4-8 h	1-2	3-4 h
6 months	6-8 h	1-2	4 h
7-8 months	6-8 h	1-2	4-5 h
9-12 months	8-12 h	0-1	4-6 h
> 12 months	11-12h	0	6-12 h

*\*Over 11-12h of night sleep*

★ **Based on the guidelines above, what is your goal for your child's night sleep?**

*It's up to you to decide what your goal is. It could be the best your child could do at this age, or it could be just slightly better than your current situation. For example, your goal could be to get your 10-month old sleeping through the night or it could be to go from 4-5 night feeds down to just 2.*

Longest stretch of sleep: .....

Number of night feeds: .....