3–4 MONTHS

A sample day

This is a sample to give you an idea. Your baby’s day won’t look exactly like it, and it doesn’t need to.

If you see hunger cues, it's fine to feed now.

7:00 am	Wake up and feed
8:00 am	Wind down
8:15–9:45 am	Nap 1 · about 1 h 30 min
9:45 am	Wake up and feed
11:15 am	Wind down
11:30 am–1:00 pm	Nap 2 · about 1 h 30 min
1:00 pm	Wake up and feed
2:45 pm	Wind down
3:00–4:35 pm	Nap 3 · about 1 h 35 min
4:35 pm	Wake up and feed
6:20 pm	Feed
6:35 pm	Wind down
6:50 pm	Bedtime

If a nap runs short or long: A typical nap at this age is 30 min to 2 h, and some days it won't be. Whenever your baby wakes, offer a feed, then play. Start the next nap or bedtime about 1 h 15 min to 2 h after waking.

Overnight: Many babies still have 1–2 night feeds.

Times are estimates from typical ranges. Follow your baby.

General guidance, not medical advice. Always consult your pediatrician about your baby.

Sources: AASM and Sleep Foundation (total sleep), CDC and AAP (feeding), WHO and NHS (solids). Wake windows are typical ranges, not medical standards. Sources checked: 2026-11.