My baby's day

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

Time	Nap, feed, play or bedtime	Notes

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.