0–4 WEEKS

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.

Feed on demand, whenever you see hunger cues.
In the first few weeks, if your baby sleeps longer than 4 to 5 hours and starts missing feeds, wake them and offer a feed.

7:00 am	Wake up
7:40 am	Wind down
7:50–9:10 am	Nap 1 · about 1 h 20 min
9:10 am	Wake up
9:50 am	Wind down
10:00–11:20 am	Nap 2 · about 1 h 20 min
11:20 am	Wake up
12:00 pm	Wind down
12:10–1:35 pm	Nap 3 · about 1 h 25 min
1:35 pm	Wake up
2:15 pm	Wind down
2:25–3:50 pm	Nap 4 · about 1 h 25 min
3:50 pm	Wake up
4:30 pm	Wind down
4:40–6:05 pm	Nap 5 · about 1 h 25 min
6:05 pm	Wake up
6:45 pm	Wind down
6:55–8:20 pm	Nap 6 · about 1 h 25 min
8:20 pm	Wake up
9:10 pm	Wind down
9:20 pm	Bedtime

If a nap runs short or long: A typical nap at this age is 30 min to 2 h 30 min, and some days it won't be. Whenever your baby wakes, feed if hungry, then play. Start the next nap or bedtime about 35 min to 1 h after waking.

Overnight: Feed on demand day and night, usually every 2–3 hours.

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.