

Harbor

REST. EASY.

Harbor Sleep Guide



Welcome to Harbor's Sleep Guide

Congratulations on your growing family! We know first hand what a wonderful and challenging time this can be. Thank you for choosing Harbor to help your family on this incredible journey.

In a world bursting with information, we recognize that it can be overwhelming, especially when you're juggling the demands of a newborn, the rest of your life, and the effects of sleep deprivation!

Your well-being and your baby's comfort are our top priorities. We're here so you all can rest easy given our expert care and guidance.

This Sleep Guide is here to simplify the complex world of infant sleep and provide you with practical advice tailored to your child's age.

Here's a quick reference to help you get started:

- **Suggested Sleep Schedules by age: Page 9**
- **8-16 Weeks Tips: Page 18**
- **4-6 Months Tips: Page 26**
- **6-9 Months Tips: Page 35**
- **9-12 Months Tips: Page 44**
- **12-18 Months Tips: Page 53**

Please reach out to our Harbor Care Team with any questions. Harbor is here to provide unwavering support and guidance through the wonderful adventure of early childhood!

Warm wishes for many restful nights ahead,
The Harbor Team

DISCLAIMER

All guidance and information provided by Harbor (Project Monitor, Inc.) is for educational and informational purposes only. Parents are exclusively responsible for ensuring the appropriate and best care for their children. It is highly recommended that caregivers consult with medical providers to ensure the guidance provided is appropriate for their children's specific needs. Should caregivers have any health concerns regarding their child, they should immediately consult with medical providers or call 911.

Please note, we are not a medical service provider. As such, we are unable to answer any medical questions or provide medical advice. We aim to provide guidance and support; however, we do not guarantee specific outcomes or results from the advice provided.

We are not liable for any direct or indirect, incidental, or consequential damages resulting from the use or inability to use our service, and by subscribing to our service, to the maximum extent permitted by law, you release and waive any and all claims, demands, actions and causes of action whatsoever against Harbor arising out of or in connection with our service.

Getting Started

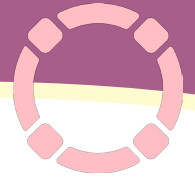
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Responsive Infant Feeding

A Guide to Meeting Your Baby's Unique Needs: 0-6 Months

Understanding Cues, Diapers, and Growth for Optimal Formula Feeding



In the realm of infant care, providing the right nourishment is crucial for a baby's healthy development. When it comes to feeding your infant, adhering to a flexible, responsive schedule is key to meeting an infant's unique needs. At Harbor we are here to outline your baby's needs, while still encouraging parents to observe and respond to their baby's cues of hunger and fullness.

Cue-Based Feeding: Listening to Your Baby

Babies have their own rhythms and hunger patterns, and it's essential to pay attention to subtle cues such as lip-smacking, rooting, and sucking motions. By responding promptly to these signs, caregivers can establish a trusting and responsive feeding relationship.

Wet Diapers and Growth: Indicators of Adequate Nutrition

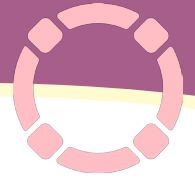
Monitoring your baby's well-being involves more than just counting ounces. Keeping track of the number of wet diapers your infant produces each day can be a valuable indicator of proper hydration and formula intake. Similarly, observing your child's growth milestones provides insight into their overall nutritional status.

Nurturing Through Responsive Feeding

In the beautiful journey of parenthood, one of the essential aspects is tuning in to your baby's cues. By embracing a responsive feeding approach and aligning with a consistent, age-appropriate schedule, caregivers can cultivate a deep connection with their infants while ensuring they receive the vital nutrition for healthy growth. Together, we will collaborate for a customized feeding plan tailored to your child's specific needs, nurturing their well-being and fostering a strong parent-child bond. You can Rest Easy with Harbor.

Charting the Course

Common Formula Intakes at Various Stages



Consulting Your Healthcare Provider: Tailoring Nutrition to Your Baby

While the provided chart serves as a valuable general overview, seeking personalized guidance from your healthcare provider is essential. Each infant is distinct. Considerations like weight, growth trajectory, and overall health are pivotal in determining suitable formula intake. Recognizing the uniqueness of every baby underscores the significance of maintaining attentiveness and fostering open communication with your healthcare provider. This approach ensures a tailored understanding of your baby's needs, promoting their optimal health and well-being.

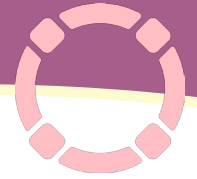
Age (Months)	Average Daily Formula Intake (Ounces)
0-1	6-8 feeds (2-4 oz each)
1-2	5-6 feeds (5-6 oz each)
2-4	5-6 feeds (5-6 oz each)
4-6	5-6 feeds (6-7 oz each)

Note: These are general guidelines. Individual babies may vary.

Tiffani Hays, M.S., R.D., L.N., Director of the Pediatric Clinical Nutrition Education & Practice: "Feeding Guide for the First Year." *John Hopkins Medicine*, July 26, 2019. <https://www.johnhopkinsmedicine.com/health/wellness-and-prevention/feeding-guide-for-the-first-year>

Striking the Right Balance

for Healthy Sleep Habits in Infant



The Science Behind Sleep Training Intervals:

Sleep training intervals involve gradually allowing infants to learn how to fall asleep on their own and self-soothe when waking during the night. This method is rooted in the understanding that infants, like adults, experience different sleep cycles, and teaching them to self-regulate can lead to better sleep patterns.

Pediatric sleep experts emphasize that a gradual approach to sleep training is essential. Short intervals of allowing a baby to self-soothe before intervening can help build resilience and independence in sleep routines. This method contrasts with the “cry-it-out” technique, where parents leave the baby to cry for extended periods.

Day	Wait between bedtime and check-in 1	Wait between check-ins 1 and 2	Wait between check-ins 3 and 4	Wait between check-ins 4 and subsequent check-ins
1	3 minutes	5 minutes	10 minutes	10 minutes
2	5 minutes	10 minutes	12 minutes	12 minutes
3	10 minutes	12 minutes	15 minutes	15 minutes
4	12 minutes	15 minutes	17 minutes	17 minutes
5	15 minutes	17 minutes	20 minutes	20 minutes
6	17 minutes	20 minutes	25 minutes	25 minutes
7	20 minutes	25 minutes	30 minutes	30 minutes

[Solve Your Child's Sleep Problems >](#)

Striking the Right Balance

More on Sleep Training Methods



Sleep training methods, like the “cry-it-out” approach, can help reduce stress for caregivers. Lack of sleep due to a child’s frequent crying at night can contribute to caregiver vulnerability to depression. So, while sleep training benefits the child, it also positively affects the well-being of caregivers. However, some caregivers hesitate, especially with “cry-it-out” methods, finding it distressing to hear their child cry without immediate comfort. Concerns include potential harm to the child’s health or attachment issues due to prolonged crying.

Current research indicates that using “cry-it-out” in sleep training does not cause short-term stress issues in children. There’s no evidence of long-term negative effects on their mental health or relationships with caregivers. Ongoing research explores the impact, but so far, these methods are safe and don’t lead to adverse outcomes for the child.

Balancing Independence & Comfort

Navigating parenthood involves striking a delicate balance between nurturing independence and providing comfort and security for the child. In response to this challenge, pediatricians are now advocating for parents to closely observe their child’s cues and customize sleep training intervals accordingly. This approach acknowledges the unique needs of each child while fostering a supportive and responsive environment for their growth and development.

The Role of Technology

In the age of smartphones, numerous apps and gadgets claim to assist with sleep training. However, experts caution against over-reliance on technology and emphasize the importance of understanding the individual needs of each child. As the discussion around sleep training intervals continues, it’s clear that there is no one-size-fits-all solution. Ultimately, a thoughtful and individualized approach can lead to improved sleep for both infants and their parents.

Sleep Schedules

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2-4 Weeks Sleep Schedule

Suggested Schedule for 2-4 Weeks of Age	
6/7am	Feed sometime between 6am/7am, then put baby right back down for nap
6:30/7:30am	Nap, start time dependent on when baby ate
9am	Feed, wake if needed
9:30am	Playtime for 10-30 minutes with at least 5-10 minutes of tummy time
9:45/10am	Nap
12pm	Feed, wake if needed
12:30pm	Playtime 10-30 minutes with at least 5-10 minutes of tummy time
12:45/1pm	Nap
3pm	Feed, wake if needed
3:30pm	Playtime 10-30 minutes with at least 5-10 minutes of tummy time
3:45/4pm	Nap
6pm	Feed, wake if needed
6:30pm	This is typically a fussy time. Avoid cluster feeding. Try 5 minutes in bouncy seat, 5 minutes in swing, 5 minutes tummy time.
6:45/7pm	Nap, this can be a hard one, try to find somewhere baby will sleep for you
8:30pm	Tummy time 5-10 minutes then bedtime routine with bath (every night)
9pm	Feed
9:30pm	Swaddle baby, place in the crib/bassinet on their back, white noise on loud, and lights out. Allow baby to fall asleep independently. Go in every 2-4 minutes if baby is crying to soothe from the side of their bed.
NOTES	



4-8 Weeks Sleep Schedule

Suggested Schedule for 4-8 Weeks of Age

6/7am	Feed sometime between 6/7am. Put baby down for nap when they are sleepy. You will start to notice baby fighting this nap closer to the 8 week mark. Morning wakefulness is a great sign they are ready for the 8+ week schedule.
6:30/8am	Nap, start time dependent on when baby ate and is sleepy
9am	Feed, wake if needed
9:30am	Playtime, with at least 10-15 minutes of tummy time
10am	Nap
12pm	Feed, wake if needed
12:30pm	Playtime, with at least 10-15 minutes of tummy time
1pm	Nap
3pm	Feed, wake if needed
3:30pm	Playtime, with at least 10-15 minutes of tummy time
4pm	Nap
5:30pm	Feed, wake if needed
6pm	This is typically a fussy time. Avoid cluster feeding. Try 10 minutes in bouncy seat, 10 minutes in swing, 10 minutes tummy time.
6:30pm	Nap, this can be a hard one, try to find somewhere baby will sleep for you
8pm	Tummy time 10-15 minutes then bedtime routine with bath (every night)
8:30pm	Feed
9pm	Swaddle baby, place in the crib/bassinet on their back, white noise on loud, and lights out. Allow baby to fall asleep independently. Go in every 4-8 minutes if baby is crying to soothe from the side of their bed.
NOTES	



8-16 Weeks Sleep Schedule

Suggested Schedule for 8-16 Weeks of Age	
7am	Feed, wake if needed, playtime with at least 10-15 minutes of tummy time
8:30am	Nap (minimum of an hour)
10am	Feed, wake if needed, then playtime with at least 10-15 minutes of tummy time
11:30am	Nap (minimum of an hour)
1pm	Feed, then playtime with at least 10-15 minutes of tummy time
2:30pm	Nap (minimum of an hour)
4pm	Feed, then playtime with at least 10-15 minutes of tummy time
5:30pm	Catnap (45 min max) this is the hardest nap
6:30/6:45pm	Tummy time for at least 15 minutes then start bedtime routine with bath
7/7:15pm	Nurse/Feed
7:30pm	Swaddle baby (or place in sleep sack if swaddle has been taken away), place in crib/bassinet on their back, white noise on loud, lights out. Allow baby to fall asleep independently. Soothe every 8-10 minutes from the side of their bed if baby is swaddled. Allow baby to self soothe if swaddle has been taken away.
11pm	Dream feed*
NOTES	*Babies are ready for this schedule if they can take at least 5 ounces when offered, and prefer to stay awake in the mornings after the first morning feeding vs. sleepy until 9am.



4-6 Months Sleep Schedule

Suggested Schedule for 4-6 Months of Age	
7am	Nurse/feed, wake if needed
8am	Solids breakfast*, then awake and playful until nap with at least 15 minutes of tummy time
8:30/9am	Naptime (min 1hr, max 2hrs)
11am	Nurse/feed, wake if needed
11:30/12pm	Solids lunch, then awake until nap with at least 15 minutes of tummy time
12:30/1pm	Nap (min 1hr, max 2hrs)
3pm	Nurse/feed, wake if needed
4:30/5pm	May take catnap (30-45 minutes)
6:15/6:30pm	Tummy time for at least 15 minutes then start bedtime routine with bath
7pm	Nurse/Feed
7:30pm	In the crib for the night, pitch-black room, sleep sack or footed pajamas, with white noise on. Allow baby to fall asleep independently.
11pm	Dream feed**
NOTES	*Omit solids until you are ready to start them **Omit Dream feed as needed/usually when solids are initiated



6-9 Months Sleep Schedule

Suggested Schedule for 6-9 Months of Age	
7am	Nurse/feed, wake if needed
7:30/8am	Baby solids breakfast, sippy of water for practice
9am	Naptime (min 1hr, max 2hrs)
11am	Nurse/feed, wake if needed
12pm	Baby solids lunch, sippy of water for practice
1/1:30pm	Nap (min 1hr, max 2hrs), shift to 1:30pm once baby drops the evening catnap
3pm	Nurse/feed, wake if needed
3:30/4pm	Baby solids dinner, sippy of water for practice
5pm	May take catnap (no longer than 30 minutes), continue to offer until baby no longer falls asleep easily for this nap or at bedtime
6:30pm	Start bedtime routine with bath (bathe each night)
7pm	Nurse/bottle
7:30pm	In the crib for the night, pitch black room, sleep sack, white noise, and follow sleep plan
NOTES	



9-12 Months Sleep Schedule

With 2 Naps

Suggested Schedule for 9-12 Months of Age	
7am	Nurse/feed, wake if needed
7:30/8am	Solid food breakfast, cup of water for practice
9am	Activity time
9:30/10am	Rest time (minimum 1hr, maximum 2hrs - ideal daytime napping for this age group is 2.5-3.5 hrs)
12pm	Nurse/Feed, can trial using sippy/cup for practice
12:30pm	Solid food lunch, cup of water for practice
2pm	Rest time (minimum 1hr, maximum 2hrs - rest because we cannot force sleep but can allow for a quiet atmosphere to rest baby's body).
4pm	*Optional nursing/feed session prior to solid dinner*
4:30pm	Solid food dinner, cup of water for practice
5pm	Activity time (offering outside time if possible is ideal)
6:30pm	Start bedtime routine with bath (Bathing each night does not need to be with soap. The act of getting in the tub, even just to splash in the water, will begin to signal the start of the bedtime routine.)
7pm	Nurse/feed
7:30pm	In the crib for the night, pitch black room, sleep sack, white noise, and follow sleep plan
NOTES	



12-18 Months Sleep Schedule

With 2 Naps

Suggested Schedule for 12-18 Months of Age	
7am	Nurse/feed sippy/cup, wake if needed
7:30/8am	Solid food breakfast, cup of water for practice
9am	Activity time
9:30/10am	Rest Time (Shooting for 3 hours total of nap time for this age group is ideal (ie. each nap 1.5 hr or 2 hrs for 1 nap + 30-45 min catnap. Shift schedule accordingly.)
12pm	Nurse/feed, using sippy/cup for practice
12:30pm	Solid food lunch, cup of water for practice
2pm	Rest time (minimum 1hr, maximum 2hrs - rest because we cannot force sleep but can allow for a quiet atmosphere to rest baby's body).
4pm	*Optional nursing/feed session prior to solid dinner*
4:30pm	Solid food dinner, cup of water for practice
5pm	Activity time (Offer outside time if possible - is ideal especially as baby becomes more independent with walking.)
6:30pm	Start bedtime routine with bath (Bathing each night does not need to be with soap. The act of getting in the tub, even just to splash in the water, will begin to signal the start of the bedtime routine.)
7pm	Nurse/feed with sippy/cup
7:30pm	In the crib for the night, pitch black room, sleep sack, white noise, and follow sleep plan
NOTES	



12-18 Months Sleep Schedule

With 1 Naps

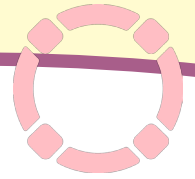
Suggested Schedule for 12-18 Months of Age	
7am	Nurse/feed sippy/cup, wake if needed
7:30/8am	Solid food breakfast, cup of water for practice
9am	Activity time
11am	Nurse/feed sippy/cup
12pm	Solid food lunch, cup of water for practice
1:30pm	Rest time (minimum 1hr, maximum 2hrs - rest because we cannot force sleep but can allow for a quiet atmosphere to rest baby's body).
4pm	Solid food dinner, cup of water for practice
5pm	Activity time (Offer outside time if possible - is ideal especially as baby becomes more independent with walking.)
6:30pm	Start bedtime routine with bath (Bathing each night does not need to be with soap. The act of getting in the tub, even just to splash in the water, will begin to signal the start of the bedtime routine.)
7pm	Nurse/feed sippy/cup
7:30pm	In the crib for the night, pitch black room, sleep sack, white noise, and follow sleep plan
NOTES	

Sleep Tips for 8-16 Weeks

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8-16 Weeks



Signs of Adequate Sleep

Your baby is getting enough sleep if they can fall asleep independently, sleep soundly at night, wake up spontaneously or with minimal disturbance in the morning, nap appropriately for their age, and function well during the day.

Nighttime Sleep duration

Aim for 9-10 hours of uninterrupted sleep at night. This is essential for normal growth & development. As baby grows and takes larger quantities of milk per feeding, baby will increase number of uninterrupted sleep hours per night.

Understanding Sleep Cycles

Similar to adults, babies go through sleep cycles during the night. It's normal for them to wake up briefly, but they can learn to put themselves back to sleep. These normal wakings are part of the sleep process.

Fostering Independent Sleep

Encourage your baby to fall asleep without relying on external aids such as rocking, feeding, or patting. If a baby associates sleep with these crutches, they may struggle to self-soothe during normal nighttime wakings.

Consistency is Key

The way a baby falls asleep sets the tone for the entire sleep duration, whether it's a nap or nighttime sleep. Consistency in sleep routines helps babies feel secure and learn to self-soothe. Remember, fostering healthy sleep habits is not only beneficial for your baby but also serves as a vital restorative function for their growing bodies. Establishing a consistent and comforting bedtime routine will contribute to better sleep for both you and your little one.



Signs of Sleep Readiness

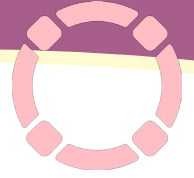
You can help your baby sleep by recognizing signs of sleep readiness, teaching him or her to fall asleep on his own, and comforting him or her with awakenings. Your baby may show signs of being ready for sleep by:

- Rubbing eyes
- Yawning
- Looking away
- Fussing

Sleep Needs for Newborns through 2 Years of Age

Age	Total Sleep Hours	Nighttime Sleep Hours	Daytime Sleep Hours
Newborn	16 hours	8-9	8
1 mo	15.5 hours	8-9	7
3 mo	15 hours	9-10	4-5
6 mo	14 hours	10	4
9 mo	14 hours	11	3
1 yr	14 hours	11	3
1.5 yr	14 hours	11	3
2 yr	13 hours	11	2

Milestones



Social & Emotional

Baby calms when picked up/spoken to, smiles when you talk, looks at your face.

Cognition, Learning, & Thinking

Baby watches you as you move, looks at a toy for several minutes.

Language

Baby makes sounds other than crying, reacts to loud noises.

Movement & Physical Development

Baby holds head up during tummy time, moves arms and legs, opens hands briefly.

For more information, visit [Milestone Moments](#) by the Center for Disease Control and Prevention

Each baby develops at their own pace. Keep in mind that individual variations are normal, and the key is to celebrate and support your baby's progress based on their own timeline and characteristics. Always reach out to your medical professional if you have concerns.



Safe Sleep Environment

Create a safe sleep environment for infants with only a mattress, sheet, and the baby in the crib.

Avoid stimulating elements like mobiles, and keep the crib free of any unnecessary items.

Use white noise throughout the night and naps, at a volume audible outside a closed door.

Ensure a very dark room for bedtime and a pleasantly dark environment for naptime; delay nightlight use until the child requests one.

Control light exposure with blackout shades for better sleep quality.

Dress the baby in footed pajamas or a lightweight sleep sack, allowing full range of motion for babies 4+ months.

Maintain room temperature between 68-72 degrees Fahrenheit.

Avoid products marketed to aid swaddle weaning, and refrain from using padded or weighted items.

Focus on preventing overheating as a measure against Sudden Infant Death Syndrome (SIDS).



Bedtime Routine



It is very important at this age to have a predictable consistent bedtime routine.

We suggest starting with a bath, followed by quiet downtime, getting dressed in the room, and ending with last feeding of the day. Place baby in the crib awake or drowsy with white noise on and lights out. Soothe intermittently from the side of the crib, until baby falls asleep. Whatever is your routine, stay consistent. Babies learn by routines and associations at this age. Feel free to add to this routine as baby gets older.

Middle of the Night Feeds

Babies typically need 24-32 ounces of milk daily until their first birthday, but individual variations are normal. Some babies may drink more, and it's okay to follow their cues. By around 12 weeks and 12 pounds, babies can usually get all their calories during the day.

Babies might wake and cry at night out of habit, especially if they're used to a feeding routine. Changing this involves letting them fall back asleep on their own, and within 3-5 days, they often stop waking at that time.

To make up for it, babies might drink more during daytime feedings. This can be encouraged by offering extra time at the breast or more ounces in each daytime bottle. This adjustment helps babies establish a new feeding routine.



Naps



To ensure effective napping, set up a soothing environment in the crib with **white noise** and **dim lighting**.

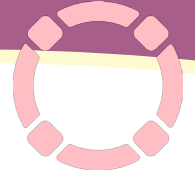
As babies grow, their curiosity about surroundings and new skills increases. They might choose to play during naptime, and although it can be frustrating, you can't force them to sleep. Your role as a parent is to provide the right environment, consistency, and opportunities; their job is to nap.

If a baby wakes after 30-45 minutes, they've completed one sleep cycle. Give them 30 minutes to try getting back to sleep before the next feeding. If they don't, keep them awake until the next scheduled rest time.

It's crucial to maintain consistency and avoid adjusting the schedule based on their sleep patterns.



Put the Plan into Action



Establishing a safe sleep schedule can be a challenge initially, especially if your baby has never fallen asleep independently. However, with consistency and patience, you can guide them toward mastering the art of self-soothing and independent sleep.

Similar to milestones like crawling or walking, providing the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. It's essential to acknowledge that, as parents, we can't make them learn, but we can certainly put the pieces together to help them be successful.

Give the Tools and Opportunity to Learn

When equipped with the right tools and opportunities, babies are capable of sleeping exceptionally well. Just like they instinctively know how much milk they need, their bodies have an innate understanding of how much sleep is necessary. The schedule and sleep plan provided are not arbitrary; they are carefully crafted based on the science of pediatric sleep and the principles of how babies learn.

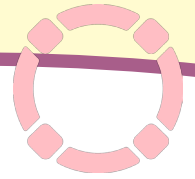
Stay consistent and support each other through this process. Remember, your dedication to establishing healthy sleep patterns will benefit both you and your baby in the long run. You all deserve the gift of restful nights. Wishing you sweet dreams and serene nights ahead!

Sleep Tips for 4-6 Months

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4-6 Months



Signs of Adequate Sleep

Your baby is getting enough sleep if they can fall asleep independently, sleep soundly at night, wake up spontaneously or with minimal disturbance in the morning, nap appropriately for their age, and function well during the day.

Nighttime Sleep duration

Aim for 10-11 hours of uninterrupted sleep at night. This is essential for normal growth and development in infants.

Understanding Sleep Cycles

Similar to adults, babies go through sleep cycles during the night. It's normal for them to wake up briefly, but they can learn to put themselves back to sleep. These normal wakings are part of the sleep process.

Fostering Independent Sleep

Encourage your baby to fall asleep without relying on external aids such as rocking, feeding, or patting. If a baby associates sleep with these crutches, they may struggle to self-soothe during normal nighttime wakings.

Consistency is Key

The way a baby falls asleep sets the tone for the entire sleep duration, whether it's a nap or nighttime sleep. Consistency in sleep routines helps babies feel secure and learn to self-soothe. Remember, fostering healthy sleep habits is not only beneficial for your baby but also serves as a vital restorative function for their growing bodies. Establishing a consistent and comforting bedtime routine will contribute to better sleep for both you and your little one.



Signs of Sleep Readiness

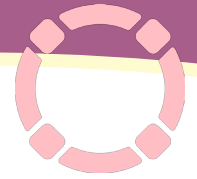
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- Rubbing eyes
- Yawning
- Looking away
- Fussing

Sleep Needs for Newborns through 2 Years of Age

Age	Total Sleep Hours	Nighttime Sleep Hours	Daytime Sleep Hours
Newborn	16 hours	8-9	8
1 mo	15.5 hours	8-9	7
3 mo	15 hours	9-10	4-5
6 mo	14 hours	10	4
9 mo	14 hours	11	3
1 yr	14 hours	11	3
1.5 yr	14 hours	11	3
2 yr	13 hours	11	2

Milestones



Babbling

Infants engage in vocalization, producing sounds like “ba” and “dee.” They begin to mimic noises and express emotions through vocalizations. Baby makes noises to get your attention.

Improved Vision

Infants show increased interest in complex shapes and various shades of colors. Playing games with mirrored reflections can be enjoyable and stimulating for them during this stage.

Better Hand-Eye Coordination

Infants develop improved hand-eye coordination, demonstrating the ability to grasp objects. They may engage in reaching motions to bring objects closer and often explore items by putting them into their mouths.

Evolving Motor Skills

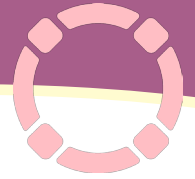
There is a noticeable enhancement in motor skills during this period. Infants gain increased control over their heads, enabling better head stability. Additionally, they may start rolling over and exhibit more control over their arms and legs.

For more information, visit [Milestone Moments](#) by the Center for Disease Control and Prevention

Each baby develops at their own pace. Keep in mind that individual variations are normal, and the key is to celebrate and support your baby’s progress based on their own timeline and characteristics. Always reach out to your medical professional if you have concerns.

Growing Up

Changing the Sleep Routine



Between 4-6 months, due to baby's new milestones, there are notable changes in infant sleep patterns, influencing sleep training strategies.

Transition from Swaddle to Sleep Sack

It's recommended to switch from swaddling to a sleep sack to ensure the baby has full access to their arms and the ability to roll over. This change accommodates their evolving mobility.

“Back to Sleep” Placement

Although infants should still be initially placed on their backs to sleep, they may not remain in that position throughout the night. Babies often gain the ability to roll over independently during this period.

Emphasis on Safe Sleep Environment

With the newfound autonomy to move, there is a continued emphasis on maintaining a “safe sleep” environment. This involves avoiding loose bedding, toys, or other items in the crib that could pose a risk of strangulation or entanglement. Creating a safe sleep space remains crucial for the baby's well-being.



Safe Sleep Environment

Create a safe sleep environment for infants with only a mattress, sheet, and the baby in the crib.

Avoid stimulating elements like mobiles, and keep the crib free of any unnecessary items.

Use white noise throughout the night and naps, at a volume audible outside a closed door.

Ensure a very dark room for bedtime and a pleasantly dark environment for naptime; delay nightlight use until the child requests one.

Control light exposure with blackout shades for better sleep quality.

Dress the baby in footed pajamas or a lightweight sleep sack, allowing full range of motion for babies 4+ months.

Maintain room temperature between 68-72 degrees Fahrenheit.

Avoid products marketed to aid swaddle weaning, and refrain from using padded or weighted items.

Focus on preventing overheating as a measure against Sudden Infant Death Syndrome (SIDS).



Bedtime Routine



Establishing a consistent and predictable bedtime routine is crucial for infants.

A suggested routine involves starting with a bath, followed by quiet downtime, getting dressed in the room, and concluding with the last feeding of the day. Place the baby in the crib while still awake or drowsy, with white noise on and the lights out. Employ intermittent soothing from the side of the crib until the baby falls asleep. Consistency is key, as infants learn through routines and associations at this age. As the baby grows older, feel free to modify and expand upon the routine.

Middle of the Night Feeds

Babies typically need 24-32 ounces of milk daily until their first birthday, but individual variations are normal. Some babies may drink more, and it's okay to follow their cues. By around 12 weeks and 12 pounds, babies can usually get all their calories during the day.

Babies might wake and cry at night out of habit, especially if they're used to a feeding routine. Changing this involves letting them fall back asleep on their own, and within 3-5 days, they often stop waking at that time.

To make up for it, babies might drink more during daytime feedings. This can be encouraged by offering extra time at the breast or more ounces in each daytime bottle. This adjustment helps babies establish a new feeding routine.



Naps



To ensure effective napping, set up a soothing environment in the crib with **white noise** and **dim lighting**.

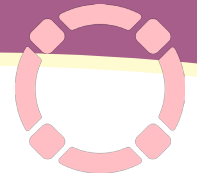
As babies grow, their curiosity about surroundings and new skills increases. They might choose to play during naptime, and although it can be frustrating, you can't force them to sleep. Your role as a parent is to provide the right environment, consistency, and opportunities; their job is to nap.

If a baby wakes after 30-45 minutes, they've completed one sleep cycle. Give them 30 minutes to try getting back to sleep before the next feeding. If they don't, keep them awake until the next scheduled rest time.

It's crucial to maintain consistency and avoid adjusting the schedule based on their sleep patterns.



Put the Plan into Action



Establishing a safe sleep schedule may be challenging initially, especially if your baby hasn't fallen asleep independently. However, with consistency and patience, you can help them learn self-soothing in 3-5 days.

Similar to milestones like crawling or walking, providing the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can facilitate success by putting the pieces together.

If you prefer intermittent checking and soothing, that's okay—waiting for gradually increasing intervals before offering comfort can be effective. When checking in, opt for soothing from the side of the crib, keeping interactions brief to avoid making the process more challenging.

Give the Tools and Opportunity to Learn

When equipped with the right tools and opportunities, babies are capable of sleeping exceptionally well. Just like they instinctively know how much milk they need, their bodies have an innate understanding of how much sleep is necessary. The schedule and sleep plan provided are not arbitrary; they are carefully crafted based on the science of pediatric sleep and the principles of how babies learn.

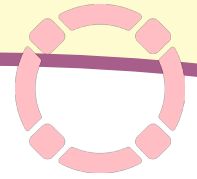
Stay consistent and support each other through this process. Remember, your dedication to establishing healthy sleep patterns will benefit both you and your baby in the long run. You all deserve the gift of restful nights. Wishing you sweet dreams and serene nights ahead!

Sleep Tips for 6-9 Months

Harbor

REST. EASY.

6-9 Months



Signs of Adequate Sleep

Your baby is getting enough sleep if they can fall asleep independently, sleep soundly at night, wake up spontaneously or with minimal disturbance in the morning, nap appropriately for their age, and function well during the day.

Nighttime Sleep duration

Aim for 10-11 hours of uninterrupted sleep at night. This is essential for normal growth and development in infants.

Understanding Sleep Cycles

Similar to adults, babies go through sleep cycles during the night. It's normal for them to wake up briefly, but they can learn to put themselves back to sleep. These normal wakings are part of the sleep process.

Fostering Independent Sleep

Encourage your baby to fall asleep without relying on external aids such as rocking, feeding, or patting. If a baby associates sleep with these crutches, they may struggle to self-soothe during normal nighttime wakings.

Consistency is Key

The way a baby falls asleep sets the tone for the entire sleep duration, whether it's a nap or nighttime sleep. Consistency in sleep routines helps babies feel secure and learn to self-soothe. Remember, fostering healthy sleep habits is not only beneficial for your baby but also serves as a vital restorative function for their growing bodies. Establishing a consistent and comforting bedtime routine will contribute to better sleep for both you and your little one.



Signs of Sleep Readiness

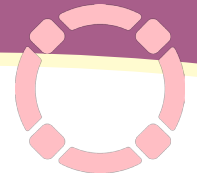
You can help your baby sleep by recognizing signs of sleep readiness, teaching him or her to fall asleep on his own, and comforting him or her with awakenings. Your baby may show signs of being ready for sleep by:

- Rubbing eyes
- Yawning
- Looking away
- Fussing

Sleep Needs for Newborns through 2 Years of Age

Age	Total Sleep Hours	Nighttime Sleep Hours	Daytime Sleep Hours
Newborn	16 hours	8-9	8
1 mo	15.5 hours	8-9	7
3 mo	15 hours	9-10	4-5
6 mo	14 hours	10	4
9 mo	14 hours	11	3
1 yr	14 hours	11	3
1.5 yr	14 hours	11	3
2 yr	13 hours	11	2

Milestones



Social & Emotional

Baby laughs. Baby reacts to stranger by becoming fearful, crying, acting shy, or becoming clingy. Baby shows several different facial expression for sad, mad, happy or surprised. Baby looks when you call their name.

Language & Communication

Baby blows “raspberries” and makes squealing noises. Baby lifts arms to be picked up. Baby uses Mamama or Dadada.

Cognitive, Thinking, & Learning

Baby bangs two objects together. Baby looks for an object that has been dropped.

Movement & Physical

Baby can roll tummy to back and get into a sitting position. Baby moves item from one hand to the other. Baby uses finger to rake food closer. Baby sits with minimal to no support.

For more information, visit [Milestone Moments](#) by the Center for Disease Control and Prevention

Each baby develops at their own pace. Keep in mind that individual variations are normal, and the key is to celebrate and support your baby’s progress based on their own timeline and characteristics. Always reach out to your medical professional if you have concerns.

Growing Up

Changing the Sleep Routine



Between 6-9 months, due to baby's new milestones, there are notable changes in infant sleep patterns, influencing sleep training strategies:

Take Crib Mattress to Lowest Setting

Now that baby is sitting up, possibly pulling up, mattress must be at lowest possible setting to prevent baby from falling out.

“Back to Sleep” Placement

Although infants should still be initially placed on their backs to sleep, they may not remain in that position throughout the night. Babies do not need to be repositioned if they position themselves onto tummy baring they have adequate head/neck control.

Emphasis on Safe Sleep Environment

With the newfound autonomy to move, there is a continued emphasis on maintaining a “safe sleep” environment. This involves avoiding loose bedding, toys, or other items in the crib that could pose a risk of strangulation or entanglement. Creating a safe sleep space remains crucial for the baby's well-being.



Safe Sleep Environment

Create a safe sleep environment for infants with only a mattress, sheet, and the baby in the crib.

Avoid stimulating elements like mobiles, and keep the crib free of any unnecessary items.

Use white noise throughout the night and naps, at a volume audible outside a closed door.

Ensure a very dark room for bedtime and a pleasantly dark environment for naptime; delay nightlight use until the child requests one.

Control light exposure with blackout shades for better sleep quality.

Dress the baby in footed pajamas or a lightweight sleep sack, allowing full range of motion for babies 4+ months.

Maintain room temperature between 68-72 degrees Fahrenheit.

Avoid products marketed to aid swaddle weaning, and refrain from using padded or weighted items.

Focus on preventing overheating as a measure against Sudden Infant Death Syndrome (SIDS).



Bedtime Routine



Establishing a consistent and predictable bedtime routine is crucial for infants.

A suggested routine involves starting with a bath, followed by quiet downtime, getting dressed in the room, and concluding with the last feeding of the day. Place the baby in the crib while still awake or drowsy, with white noise on and the lights out. Employ intermittent soothing from the side of the crib until the baby falls asleep. Consistency is key, as infants learn through routines and associations at this age. As the baby grows older, feel free to modify and expand upon the routine.

Middle of the Night Wake Ups

Babies might wake and cry at night out of habit, especially if they're used to a feeding routine. To change this, let them fall back asleep on their own, and within 3-5 days, they often stop waking at that time.

Similar to milestones like crawling or walking, creating the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can help by putting the pieces together.

If you like to check and soothe intermittently, that's okay. Waiting for gradually increasing intervals before offering comfort can be effective. When checking in, choose soothing from the side of the crib, keeping interactions brief to avoid making the process more challenging.



Naps



To ensure effective napping, set up a soothing environment in the crib with **white noise** and **dim lighting**.

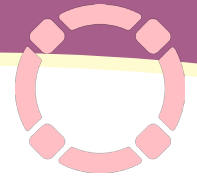
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If a baby wakes after 30-45 minutes, they've completed one sleep cycle. Give them 30 minutes to try getting back to sleep before the next feeding. If they don't, keep them awake until the next scheduled rest time.

It's crucial to maintain consistency and avoid adjusting the schedule based on their sleep patterns.



Put the Plan into Action



Establishing a safe sleep schedule may be challenging initially, especially if your baby hasn't fallen asleep independently. However, with consistency and patience, you can help them learn self-soothing in 3-5 days.

Similar to milestones like crawling or walking, providing the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can facilitate success by putting the pieces together.

If you prefer intermittent checking and soothing, that's okay—waiting for gradually increasing intervals before offering comfort can be effective. When checking in, opt for soothing from the side of the crib, keeping interactions brief to avoid making the process more challenging.

Give the Tools and Opportunity to Learn

Babies, when given the right tools and opportunities, can sleep exceptionally well. Just as they instinctively know their feeding needs, their bodies also have an innate understanding of necessary sleep.

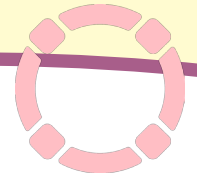
Consistency is key, and supporting each other through this process is crucial. Dedication to establishing healthy sleep patterns will ultimately benefit both parents and babies. Wishing you all restful nights and sweet dreams ahead!

Sleep Tips for 9-12 Months

Harbor

REST. EASY.

9-12 Months



Signs of Adequate Sleep

Your baby is getting enough sleep if they can fall asleep independently, sleep soundly at night, wake up spontaneously or with minimal disturbance in the morning, nap appropriately for their age, and function well during the day.

Nighttime Sleep duration

Aim for 11-12 hours of uninterrupted sleep at night. This is essential for normal growth and development in infants.

Understanding Sleep Cycles

Similar to adults, babies go through sleep cycles during the night. It's normal for them to wake up briefly, but they can learn to put themselves back to sleep. These normal wakings are part of the sleep process.

Fostering Independent Sleep

Encourage your baby to fall asleep without relying on external aids such as rocking, feeding, or patting. If a baby associates sleep with these crutches, they may struggle to self-soothe during normal nighttime wakings.

Consistency is Key

The way a baby falls asleep sets the tone for the entire sleep duration, whether it's a nap or nighttime sleep. Consistency in sleep routines helps babies feel secure and learn to self-soothe. Remember, fostering healthy sleep habits is not only beneficial for your baby but also serves as a vital restorative function for their growing bodies. Establishing a consistent and comforting bedtime routine will contribute to better sleep for both you and your little one.



Signs of Sleep Readiness

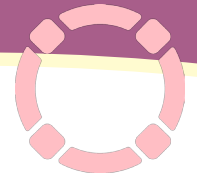
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- Rubbing eyes
- Yawning
- Looking away
- Fussing

Sleep Needs for Newborns through 2 Years of Age

Age	Total Sleep Hours	Nighttime Sleep Hours	Daytime Sleep Hours
Newborn	16 hours	8-9	8
1 mo	15.5 hours	8-9	7
3 mo	15 hours	9-10	4-5
6 mo	14 hours	10	4
9 mo	14 hours	11	3
1 yr	14 hours	11	3
1.5 yr	14 hours	11	3
2 yr	13 hours	11	2

Milestones



Social & Emotional

Baby laughs/smiles when playing peek-a-boo. Baby reacts to stranger by becoming fearful, crying, acting shy, or becoming clingy. Baby shows several different facial expression for sad, mad, happy or surprised. Baby looks when you call their name.

Language & Communication

Baby lifts arms to be picked up. Baby uses Mamama or Dadada.

Cognitive, Thinking, & Learning

Baby bangs two objects together. Baby looks for an object that has been dropped.

Movement & Physical

Baby can get into a sitting position independently. Baby moves item from one hand to the other. Baby uses finger to rake food closer. Baby sits without support.

For more information, visit [Milestone Moments](#) by the Center for Disease Control and Prevention

Each baby develops at their own pace. Keep in mind that individual variations are normal, and the key is to celebrate and support your baby's progress based on their own timeline and characteristics. Always reach out to your medical professional if you have concerns.

Growing Up

Changing the Sleep Routine



Between 9-12 months, due to baby's new milestones, there are notable changes in infant sleep patterns, influencing sleep training strategies:

Take Crib Mattress to Lowest Setting

Now that baby is sitting up, possibly pulling up, mattress must be at lowest possible setting to prevent baby from falling out.

“Back to Sleep” Placement

Although infants should still be initially placed on their backs to sleep, they may not remain in that position throughout the night. Babies do not need to be repositioned if they position themselves onto tummy baring they have adequate head/neck control.

Emphasis on Safe Sleep Environment

With the newfound autonomy to move, there is a continued emphasis on maintaining a “safe sleep” environment. This involves avoiding loose bedding, toys, or other items in the crib that could pose a risk of strangulation or entanglement. Creating a safe sleep space remains crucial for the baby's well-being.



Safe Sleep Environment

Create a safe sleep environment for infants with only a mattress, sheet, and the baby in the crib.

Avoid stimulating elements like mobiles, and keep the crib free of any unnecessary items.

Use white noise throughout the night and naps, at a volume audible outside a closed door.

Ensure a very dark room for bedtime and a pleasantly dark environment for naptime; delay nightlight use until the child requests one.

Control light exposure with blackout shades for better sleep quality.

Dress the baby in footed pajamas or a lightweight sleep sack, allowing full range of motion for babies 4+ months.

Maintain room temperature between 68-72 degrees Fahrenheit.

Avoid products marketed to aid swaddle weaning, and refrain from using padded or weighted items.

Focus on preventing overheating as a measure against Sudden Infant Death Syndrome (SIDS).



Bedtime Routine



Establishing a consistent and predictable bedtime routine is crucial for infants.

A suggested routine involves starting with a bath, followed by quiet downtime, getting dressed in the room, and concluding with the last feeding of the day. Place the baby in the crib while still awake or drowsy, with white noise on and the lights out. Employ intermittent soothing from the side of the crib until the baby falls asleep. Consistency is key, as infants learn through routines and associations at this age. As the baby grows older, feel free to modify and expand upon the routine.

Middle of the Night Wake Ups

Babies might wake and cry at night out of habit, especially if they're used to a feeding routine. To change this, let them fall back asleep on their own, and within 3-5 days, they often stop waking at that time.

Similar to milestones like crawling or walking, creating the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can help by putting the pieces together.

If you like to check and soothe intermittently, that's okay. Waiting for gradually increasing intervals before offering comfort can be effective. When checking in, choose soothing from the side of the crib, keeping interactions brief to avoid making the process more challenging.



Naps



To ensure effective napping, set up a soothing environment in the crib with **white noise** and **dim lighting**.

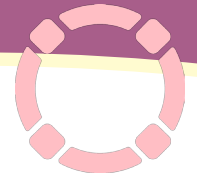
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If a baby wakes after 30-45 minutes, they've completed one sleep cycle. Give them 30 minutes to try getting back to sleep before the next feeding. If they don't, keep them awake until the next scheduled rest time.

It's crucial to maintain consistency and avoid adjusting the schedule based on their sleep patterns.



Put the Plan into Action



Establishing a safe sleep schedule may be challenging initially, especially if your baby hasn't fallen asleep independently. However, with consistency and patience, you can help them learn self-soothing in 3-5 days.

Similar to milestones like crawling or walking, providing the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can facilitate success by putting the pieces together.

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Give the Tools and Opportunity to Learn

Babies, when given the right tools and opportunities, can sleep exceptionally well. Just as they instinctively know their feeding needs, their bodies also have an innate understanding of necessary sleep.

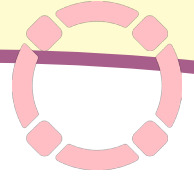
Consistency is key, and supporting each other through this process is crucial. Dedication to establishing healthy sleep patterns will ultimately benefit both parents and babies. Wishing you all restful nights and sweet dreams ahead!

Sleep Tips for 12-18 Months

Harbor

REST. EASY.

12-18 Months



Signs of Adequate Sleep

Your baby is getting enough sleep if they can fall asleep independently, sleep soundly at night, wake up spontaneously or with minimal disturbance in the morning, nap appropriately for their age, and function well during the day.

Nighttime Sleep duration

Aim for 11-12 hours of uninterrupted sleep at night. This is essential for normal growth and development in infants.

Understanding Sleep Cycles

Similar to adults, babies go through sleep cycles during the night. It's normal for them to wake up briefly, but they can learn to put themselves back to sleep. These normal wakings are part of the sleep process.

Fostering Independent Sleep

Encourage your baby to fall asleep without relying on external aids such as rocking, feeding, or patting. If a baby associates sleep with these crutches, they may struggle to self-soothe during normal nighttime wakings.

Consistency is Key

The way a baby falls asleep sets the tone for the entire sleep duration, whether it's a nap or nighttime sleep. Consistency in sleep routines helps babies feel secure and learn to self-soothe. Remember, fostering healthy sleep habits is not only beneficial for your baby but also serves as a vital restorative function for their growing bodies. Establishing a consistent and comforting bedtime routine will contribute to better sleep for both you and your little one.



Signs of Sleep Readiness

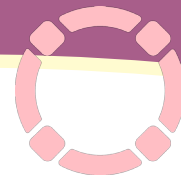
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- Rubbing eyes
- Yawning
- Looking away
- Fussing

Sleep Needs for Newborns through 2 Years of Age

Age	Total Sleep Hours	Nighttime Sleep Hours	Daytime Sleep Hours
Newborn	16 hours	8-9	8
1 mo	15.5 hours	8-9	7
3 mo	15 hours	9-10	4-5
6 mo	14 hours	10	4
9 mo	14 hours	11	3
1 yr	14 hours	11	3
1.5 yr	14 hours	11	3
2 yr	13 hours	11	2

Milestones



Social & Emotional

Baby claps when excited. Baby shows affection to loved ones (hugging, cuddles, kisses) and favorite toys like doll or bear. Baby shows you a toy she likes.

Language & Communication

Baby waves “bye-bye”. Baby uses single sound to identify something, such as “ba” for ball, “da” for dog. Baby looks for familiar object when you name it. Baby points to ask for something or get help.

Cognitive, Thinking, & Learning

Baby is able to place objects inside of a container, like a block into a cup. Baby stacks two small items like blocks. Baby tries to use object right away like book, phone or cup.

Movement & Physical

Baby pulls up to standing position. Baby takes a few steps on her own. Baby uses fingers to feed herself.

For more information, visit [Milestone Moments](#) by the Center for Disease Control and Prevention

Each baby develops at their own pace. Keep in mind that individual variations are normal, and the key is to celebrate and support your baby’s progress based on their own timeline and characteristics. Always reach out to your medical professional if you have concerns.

Growing Up

Changing the Sleep Routine



Between 12-9 months, due to baby's new milestones, there are notable changes in infant sleep patterns, influencing sleep training strategies:

Take Crib Mattress to Lowest Setting

Now that baby is sitting up, possibly pulling up, mattress must be at lowest possible setting to prevent baby from falling out.

“Back to Sleep” Placement

Although infants should still be initially placed on their backs to sleep, they may not remain in that position throughout the night. Babies do not need to be repositioned if they position themselves onto tummy baring they have adequate head/neck control.

Emphasis on Safe Sleep Environment

With the newfound autonomy to move, there is a continued emphasis on maintaining a “safe sleep” environment. This involves avoiding loose bedding, toys, or other items in the crib that could pose a risk of strangulation or entanglement. Creating a safe sleep space remains crucial for the baby's well-being.



Safe Sleep Environment

Create a safe sleep environment for infants with only a mattress, sheet, and the baby in the crib.

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Use white noise throughout the night and naps, at a volume audible outside a closed door.

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Control light exposure with blackout shades for better sleep quality.

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Maintain room temperature between 68-72 degrees Fahrenheit.

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Bedtime Routine



Establishing a consistent and predictable bedtime routine is crucial for infants.

A suggested routine involves starting with a bath, followed by quiet downtime, getting dressed in the room, and concluding with the last feeding of the day. Place the baby in the crib while still awake or drowsy, with white noise on and the lights out. Employ intermittent soothing from the side of the crib until the baby falls asleep. Consistency is key, as infants learn through routines and associations at this age. As the baby grows older, feel free to modify and expand upon the routine.

Middle of the Night Wake Ups

Babies might wake and cry at night out of habit, especially if they're used to a feeding routine. To change this, let them fall back asleep on their own, and within 3-5 days, they often stop waking at that time.

Similar to milestones like crawling or walking, creating the right environment and opportunities is crucial for your baby to learn to put themselves to sleep. Parents can't make them learn, but they can help by putting the pieces together.

If you like to check and soothe intermittently, that's okay. Waiting for gradually increasing intervals before offering comfort can be effective. When checking in, choose soothing from the side of the crib, keeping interactions brief to avoid making the process more challenging.



Naps



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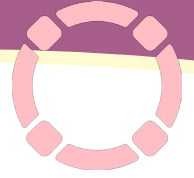
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If a baby wakes after 30-45 minutes, they've completed one sleep cycle. Give them 30 minutes to try getting back to sleep before the next feeding. If they don't, keep them awake until the next scheduled rest time.

It's crucial to maintain consistency and avoid adjusting the schedule based on their sleep patterns.



Put the Plan into Action



Establishing a safe sleep schedule may be challenging initially, especially if your baby hasn't fallen asleep independently. However, with consistency and patience, you can help them learn self-soothing and independent sleep.

Give the Tools and Opportunity to Learn

Babies, when given the right tools and opportunities, can sleep exceptionally well. Just as they instinctively know their feeding needs, their bodies also have an innate understanding of necessary sleep.

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**Wishing you restful nights
and sweet dreams ahead!**

Harbor

REST. EASY.

harbor.co | careteam@harbor.co | [@harborsleep](https://twitter.com/harborsleep)