



*\* This is a guide only. The uptimes during the day between naps must be based on when your baby's / toddler's tired signs present themselves. And these uptimes are on the basis that your little one is getting 12 to 13 hours solid sleep overnight from 6pm to 6am / 7am (with overnight feeds up to age of 7.5 to 8 months of age). So, all my Foundations need to be in place.*

Age	Approx uptime length (including feed)
Birth to 6 weeks	45 to 60 mins
2 months	50 to 70 mins
3 months	60 to 80 mins
4 months	70 to 90 mins
5 months	80 to 100 mins
6 months	90 to 120 mins
7 months	2 hours to 2hours 20m
8 months	2 to 2.5 hours
9 months	2.5 to 3 hours
10 months	2.75 to 3.25 hours
11 months	3.5 to 4 hours
12 months	4 hours approx
12-18 months	4.5 to 5 hours
2 - 3 years	5.5 to 7 hours