



# How babies sleep

Babies 3 - 6 months



Easy English

## Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**
  
- we write what the hard word means.

## You can get help with this book



You can get someone to help you

- read this book
  
- know what this book is about
  
- find more information.



## About this book

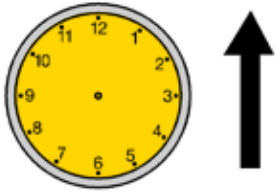


This book is written by the  
Department of Health and Human Services.



This book tells you about sleep for babies  
aged **3 - 6** months.

## How much sleep is normal?



Your baby will sleep 10 - 18 hours per day.



Your baby will

- stay asleep for 2 - 3 hours at a time



- nap around 3 times in the day.

Every baby is different so your baby might sleep a bit more or less.

# Feeding

**Feeding** can help babies sleep.



Feeding means you give your newborn

- breastmilk

or



- formula.

Sleep will **not** change if your newborn has breast milk or formula.



To help your baby learn to sleep on their own

- play and talk with your baby after feeding so they stay awake



- put your baby in the cot when you think they are tired.



## More information

For more information contact the  
Department of Health and Human Services.



Website

[https://www.betterhealth.vic.gov.au/  
healthyliving/Child-health-0-6](https://www.betterhealth.vic.gov.au/healthyliving/Child-health-0-6)

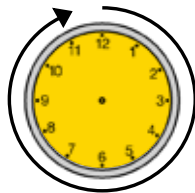


If you are worried about your baby

- contact your Maternal and Child Health Nurse
  
- call the Maternal and Child Health Line.



Call 13 22 29



The helpline is open 24 hours per day and  
7 days per week.



You can also see your doctor for more help.

## More Easy English

There are more Easy English books on our website about

- good sleep routines
- help for sleep problems.



### If you need help to speak or listen

You can use the National Relay Service or NRS if you need help to make a call.



Call the NRS help desk  
1800 555 660



Go to the NRS website [https://  
www.accesshub.gov.au/about-the-nrs](https://www.accesshub.gov.au/about-the-nrs)



To receive this publication in an accessible format email Maternal and Child Health and Parenting:

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