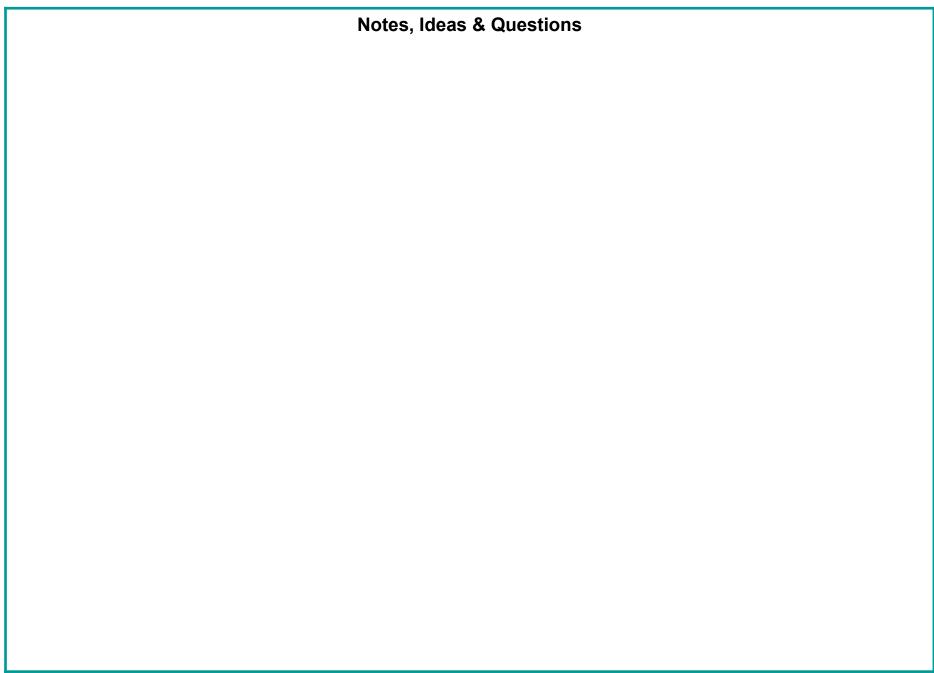
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1 am	2 am	3 am	4 am	5 am	6 am
Long feed, then awake for a while	Asleep	Asleep	Asleep	Awake, alert, long feed and nappy change	Awake and alert
7 am	8 am	9 am	10 am	11 am	12 noon
Feed and awake	Happy splashy bath 8.30 Sleep	Awake and alert	Long feed, nappy change then more feed	Asleep	Awake and alert Cries when bored
1 pm	2 pm	3 pm	4 pm	5 pm	6 pm
Awake and alert. Cries when bored	Awake and alert, feed and nappy change	Asleep	Awake and alert	Awake and Alert. Cries when bored	Awake, alert, feed and nappy change
7 pm	8 pm	9 pm	10 pm	11 pm	12 midnight
Awake and alert 7.30 happy splashy bath	Long feed and nappy change	Awake	Feed and nappy change, more feed, drowsy	Asleep	Asleep

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	Wide Awake Baby
How do you	I feel about: the late bedtime, being awake early in the morning, not sleeping a lot during the day?
	Do you have any concerns about wide awake baby?
	Does anything please you about wide awake baby?
	If this is your baby, what coping strategies/support/reassurance might you need?



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