

Wide Awake Baby

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

Wide Awake Baby

How do you 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?

Notes, Ideas & Questions