

GROWTH SPURTS AND SLEEP REGRESSIONS

AGE IN WEEKS	AGE IN MONTHS	PHASE, GROWTH SPURT OR LEAP	OTHER INFO / WHAT TO DO
1			Fourth trimester – your baby is happiest in womb-like conditions. Hold your baby as much as possible and feed on demand. Ask for face to face help with breastfeeding if ever you feel unsure. Babies should sleep in the same room as a parent. Your baby will wake frequently to feed . Your baby may cluster feed in the evening .
2		Growth spurt (age 7-10 days)	Fourth trimester
3		Growth spurt (age 2-3 weeks)	Fourth trimester
4	1	Growth spurt (age 4-6 weeks)	Fourth trimester Don't watch the clock!
5		Wonder Weeks Mental Leap 1 Growth spurt (age 4-6 weeks)	Fourth trimester
6		Growth spurt (age 4-6 weeks)	Fourth trimester Don't watch the clock!
7			Fourth trimester
8		Wonder Weeks Mental Leap 2	Fourth trimester Don't watch the clock!
9	2		Fourth trimester
10			Fourth trimester
11			Fourth trimester
12		Wonder Weeks Mental Leap 3	Fourth trimester
13	3	Growth spurt (age 3 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. It is nothing you did. Continue to follow fourth trimester principles as long as possible. Your baby will still wake frequently to feed . Your baby may cluster feed in the evening . Don't watch the clock!
16			
17	4	Growth spurt (age 4 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Continue to follow fourth trimester principles as long as possible. Your baby will still wake frequently to feed .

19		Wonder Weeks Mental Leap 4	Your baby may cluster feed in the evening . Babies should still sleep in the same room as a parent.
20			
22	5		
24			
26	6	Wonder Weeks Mental Leap 5 Growth spurt (age 6 months) May start to wake more frequently at night (age 6-12 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope. Babies should still sleep in the same room as a parent till at least six months.
28			
30	7	May start to wake more frequently at night (age 6-12 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
32			
35	8	May start to wake more frequently at night (age 6-12 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
36			
37		Wonder Weeks Mental Leap 6	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
40	9	Growth spurt (age 9 months) May start to wake more frequently at night (age 6-12 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
44	10	May start to wake more frequently at night (age 6-12 months)	Hang in there!
46		Wonder Weeks Mental Leap 7	
48	11	May start to wake more frequently at night (age 6-12 months)	

52	12	Development Milestone (age 12 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope. Hang in there!
55		Wonder Weeks Mental Leap 8	
57	13		
61	14		
64		Wonder Weeks Mental Leap 9	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
65	15		
70	16		
74	17		
75		Wonder Weeks Mental Leap 10	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
78	18	Development Milestone (age 18 months)	Be aware of your baby's development, and realize that any sleep disruption is not caused by you. Look at our resources for ways to cope.
83	19		
87	20		
91	21		
96	22		
100	23		
104	24		Toddler tips from LLL Toddler tips from Elizabeth Pantley