3-6 WEEKS

# WHAT TO EXPECT

- **LESS SLEEP, LONGER AWAKE TIMES**
  And baby should be happy to eat every 3 hours
- **GROWTH SPURT AROUND 6 WEEKS**
  As before, expect baby to eat more and be fussier, as well as sleep more
- **COLIC AND/OR THE WITCHING HOUR**
  Both are at the worst between 3 and 6 weeks

# RECOMMENDATIONS

Continue to:

- GET BABY "FULL" AT EVERY FEED
- FEED EVERY 3 HOURS IN THE DAY
- AVOID OVERTIREDNESS

In addition:

- **START THE DAY AT A REASONABLE TIME**
  Wake-up time should be between 6am and 8am, bedtime is roughly 12 hours later
- **START A BEDTIME WIND-DOWN ROUTINE**
  Bath time is the most common, but by no means essential, addition.
- **START A DREAM FEED**
  This should delay the first night feed, so more sleep for you
- **IF COLIC OR THE WITCHING HOUR CROP UP...**
  First off, check those awake times & ensure you're burping sufficiently