

4-Month-Old Daily Wake Window

A structured daily schedule for a 4-month-old helps foster security, healthy sleep, and feeding habits. Using wake windows effectively supports better rest for both baby and parents. Regular naps aid brain development, while scheduled playtime boosts cognitive and motor skills. A consistent routine reduces stress, strengthens bonding, and promotes a balanced, happy home.

Tips and Considerations

- **Adjust for Baby's Cues:** This is a sample routine; always prioritize your baby's hunger and sleep cues.
- **Wake Windows:** Observe your baby for signs of tiredness (e.g., eye rubbing, yawning) to determine optimal nap times.
- **Consistency:** A consistent routine can help regulate your baby's sleep patterns.
- **Flexibility:** Don't be afraid to adjust the schedule based on your baby's needs and your family's lifestyle.
- **Keep it Calm:** A relaxing bedtime routine promotes better sleep.
- **Consult a Professional:** If you have concerns about your baby's sleep, consult with your pediatrician or a certified sleep consultant.

Daily Timetable Sample

Time	Activity	Duration	Notes
7:00 AM	Feed	20-30 min	Start of day, observe for happy alertness. Breastfeed or use formula
7:30 AM	Play/Active	1.5-2 hours	Tummy time, sensory play, or interaction.
9:00 AM	Nap 1	1-2 hours	Aim for 1-1.5 hours; cap at 2 hours.
10:30 AM	Wake/Feed	20-30 min	Check for hunger cues; log feed time.
11:00 AM	Play/Active	1.75-2.25 hours	Engage with toys or short outing.
1:00 PM	Nap 2	1-2 hours	Ensure a calm environment; use white noise.
2:30 PM	Wake/Feed	20-30 min	Monitor for fullness; avoid overfeeding.
3:00 PM	Play/Active	1.75-2.25 hours	Watch for tired signs like rubbing eyes.
5:00 PM	Nap 3	30-60 min	Shorter “catnap” to bridge to bedtime.
6:00 PM	Wake/Feed	20-30 min	Last feed before bedtime routine.
6:30 PM	Bedtime Routine	20-30 min	Bath, massage, lullaby, or story.
7:00 PM	Bedtime	10-12 hours	Night sleep; expect 1-2 feeds overnight.
Overnight	Night Feeds	As needed	Log times and duration of feeds.