



5 Point Checklist For Your 5 MONTH-OLD BABY

Sleeping

They need around 12 to 15 hours of sleep daily.



Feeding

Make sure you feed your baby about 5 to 6 times daily.

Diapering

Your baby will have 6 to 8 wet diapers a day.



Playing

Notable achievements include banging and shaking toys while playing.

Responding

Your baby may start responding through body movements and sounds.



References

1. How Much Sleep Do Babies and Kids Need?; Sleep Foundation
2. Your breastfeeding questions answered; NHS
3. Feeding Guide for the First Year; Stanford Children's Health
4. Feeding Guide: 0-5 Months; SDWIC
5. 5-6 months: baby development; Raising Children Network