

# Life with your THREE-MONTH-OLD BABY

## Sleeping



- ★ Around 2 to 3 naps during the day
- ★ Some babies sleep through the night for 5 or 6 hours

## Feeding

- ★ Around 6 to 8 feeds
- ★ Maybe a few midnight feeds to none



## Diapering



- ★ Around 6 wet diapers
- ★ May poop once a day to once in three days

## Bathing

- ★ May need a bath only a few times a week



## Playing



- ★ Clap their hands and stretch their arms
- ★ Hold a toy, so they track it with their eyes
- ★ While on the back, cycle their legs
- ★ Use sounds and facial expressions for a conversation

Some babies feed more while some sleep better than others. Check with the pediatrician to learn about the baby's growth and development and what to look for as your baby is growing.