



## 4 MONTHS

SUDDENLY WAKING UP FREQUENTLY DURING THE NIGHT. MAY BECOME RESISTANT TO NAPS OR WAKES UP AFTER A VERY SHORT NAP OF MAYBE 30-45 MINUTES.



## 6 MONTHS

BABY IS LEARNING NEW SKILLS AND IS EXCITED ABOUT PERFORMING THESE SKILLS (EVEN IN THE MIDDLE OF THE NIGHT). MAY ALSO BE TEETHING CAUSING PAIN. NAPS MAY BE SHORTER IN LENGTH AND MAY EVEN RESIST NAPS.



## 9 MONTHS

BABY IS LEARNING NEW SKILLS AND IS EXCITED ABOUT PERFORMING THESE SKILLS (EVEN IN THE MIDDLE OF THE NIGHT). MAY ALSO BE TEETHING CAUSING PAIN. NAPS MAY BE SHORTER IN LENGTH AND MAY EVEN RESIST NAPS.



# Sleep Regressions



## 12 MONTHS

MORE NIGHT WAKINGS AND SHORTER OR NONEXISTENT NAPS.



## 18 MONTHS

FOSTERING INDEPENDENCE, FIRST OR SECOND MOLARS MAY BE COMING THROUGH, WALKING, RUNNING, TALKING MAY CONTRIBUTE TO NIGHT WAKINGS OR REFUSAL TO NAP

## 2 YEARS

MAY DEVELOP A FEAR OF THE DARK AND SEPARATION ANXIETY CONTRIBUTING TO NIGHT WAKINGS AND SHORT OR NONEXISTENT NAPS.