



As a new mom, you're sure to be occupied with several things, life with a new baby is always a challenge! From when your babies are eating, to when their diaper is changed – So we have created a fun easy way to keep track of it all.

We broke down each area by time, and some important "new" baby areas to remember. In each area there is a place to make notes, some things to include with in the "notes" area might be:

- if you are nursing, what side you nursed from and approximately how long the session lasted
- if your bottle feeding, how many oz. Would be important
- For diaper changes – make note of the "output"

We also included a place to note sleep patterns – this may seem silly, but we have found when you learn your babies sleep patterns, it's easier to work schedules around those patterns! While we don't advocate schedules – you can after a few weeks, predict what your babies "natural" habits are.

Date: _____

	Diaper Change	Eating	Sleeping
12:00 AM			
12:30 AM			
1:00 AM			
1:30 AM			
2:00 AM			
2:30 AM			
3:00 AM			
3:30 AM			
4:00 AM			
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