

CHAPTER 18: CARING FOR YOUR BABY

Sleep and Activity Chart

Sample

Symbols

- Sleep
- Awake and crying or fussy
- Awake and content
- Feeding—breast How Long
- Feeding—bottle ounces
- Parent-baby interaction
(bath, car ride, play, etc.) ACTIVITY
- Diaper change

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon	1:00 PM	2:00	
4/5	—	—		45 min X	—	—	60 min X		Bath X	40 min	—	—		45 min	
4/6	50 min X		Rock	—	60 min X	—		15 min	Bath X	30 min	—	—	—	—	
4/7	—		40 min X	—	—		45 min X		Bath X	40 min	—	—	—		30 min

Sleep and Activity Charts for You to Complete

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon
	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight

Notes:

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon
	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight

Notes:

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon
	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight

Notes:

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon
	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight

Notes:

Date	1:00 AM	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Noon
	1:00	2:00	3:00	4:00	5:00	6:00	7:00	8:00	9:00	10:00	11:00	Midnight

Notes: