

## Daily Newborn Care Log

Track feedings, diapers, sleep, and more - print multiple copies for each day

### Feeding Tracker

Goal: 8-12 feeds per 24 hours

Time	Breast (L/R)	Duration	Bottle (oz)	Notes
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	
_____	<input type="checkbox"/> L <input type="checkbox"/> R	__ min	__ oz	

### Diaper Tracker

Goal: 6+ wet, 3-4 dirty by day 5

	1	2	3	4	5	6	7	8+
Wet	<input type="checkbox"/>							
Dirty	<input type="checkbox"/>							

### Sleep Tracker

Newborns sleep 14-17 hours total

Nap #	Start Time	End Time	Duration
1	_____	_____	__ hr __ min
2	_____	_____	__ hr __ min
3	_____	_____	__ hr __ min
4	_____	_____	__ hr __ min

### Daily Totals

Total Feeds: \_\_\_\_\_  
 Wet Diapers: \_\_\_\_\_  
 Dirty Diapers: \_\_\_\_\_  
 Total Sleep: \_\_\_\_\_  
 Longest Sleep: \_\_\_\_\_

### Today's Moments

- Tummy time done
- Skin-to-skin time
- Bath (if applicable)
- Umbilical cord care
- Read/sang to baby
- Took photos/video

### Notes & Concerns

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Quick Reference - When to Call the Pediatrician

#### Fever

100.4°F+ (rectal) under 3 months

#### Feeding

Refusing to eat or eating very little

#### Diapers

Fewer than 6 wet after day 5

#### Behavior

Very sleepy, hard to wake, or inconsolable