



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
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	
__ : __	<div>L</div> <div>R</div>	__ min	__ oz	

Diaper Tracker

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

	1	2	3	4	5	6	7	8+
Wet	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>
Dirty	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>

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