

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	—	—		<span style="border: 1px solid black; padding: 2px;">45 min</span> X	—	—	<span style="border: 1px solid black; padding: 2px;">60 min</span> X		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Bath</span> X	<span style="border: 1px solid black; padding: 2px;">40 min</span>	—	—		<span style="border: 1px solid black; padding: 2px;">45 min</span>
4/6	<span style="border: 1px solid black; padding: 2px;">50 min</span> X		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Rock</span>	—	<span style="border: 1px solid black; padding: 2px;">60 min</span> X	—		<span style="border: 1px solid black; padding: 2px;">15 min</span>	<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Bath</span> X	<span style="border: 1px solid black; padding: 2px;">30 min</span>	—	—	—	—
4/7	—		<span style="border: 1px solid black; padding: 2px;">40 min</span> X	—	—		<span style="border: 1px solid black; padding: 2px;">45 min</span> X		<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Bath</span> X	<span style="border: 1px solid black; padding: 2px;">40 min</span>	—	—		<span style="border: 1px solid black; padding: 2px;">30 min</span>

*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:

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