## Feed me/Change me

You'll soon be a pro at this, but for now, keeping track of feedings and diaper changes can get a little tricky! Use this handy chart to help take the guesswork out of the process. For each feeding, shade in the amount of time spent nursing on each breast or the number of millilitres under the hour when you started. To keep tabs on baby's pees and poops, tally up each wet or poopy diaper after each change in the space provided.



| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|-------------------------|---------------------------|--------|-----|---|----|----|-------|------------|-----|---|---|---|----------|---|---|---|----|----|----|---|---|---|---|---|-------|
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet diapers Dirty diapers |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | €        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | c   |   |    |    | Dirty | diane      | arc |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | vvet (                    | alapei | 5   |   |    |    | Dirty | ty diapers |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | E        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | · c |   |    |    | Dirty | diape      | arc |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           | alapei | 5   |   |    |    | Dirty | diape      |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | •        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet o                     | diaper | 'S  |   |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           | anapo. |     |   |    |    | 2     | anapo      |     |   |   |   | _        |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | $\Box$                    | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | <b>E</b> | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet o                     | diaper | S   |   |    |    | Dirtv | diape      | ers | l |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   | 7        |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    |                           | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | <b>E</b> | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | s   |   |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | 14                        |        |     |   |    |    |       |            |     |   |   |   | 7        |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | 1,7                       | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | <b>E</b> | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | s   | 1 |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |

↑ 7 8 9 10 11 12 1 2 3 4 5 € 7 8 9 10 11 12 1 2 3 4 5 Total



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| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|-------------------------|---------------------------|--------|-----|---|----|----|-------|------------|-----|---|---|---|----------|---|---|---|----|----|----|---|---|---|---|---|-------|
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet diapers Dirty diapers |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | €        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | c   |   |    |    | Dirty | diane      | arc |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | vvet (                    | alapei | 5   |   |    |    | Dirty | ty diapers |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | E        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | · c |   |    |    | Dirty | diape      | arc |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           | alapei | 5   |   |    |    | Dirty | diape      |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | ₿                         | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | •        | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
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|                         | Wet o                     | diaper | · c |   |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           | anapo. |     |   |    |    | 2     | anapo      |     |   |   |   | _        |   |   |   |    |    |    |   |   |   |   |   |       |
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| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet o                     | diaper | S   |   |    |    | Dirtv | diape      | ers | l |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   | 7        |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    |                           | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | <b>E</b> | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
| Duration (left breast)  |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
| Duration (right breast) |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
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|                         | Wet                       | diaper | s   |   |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | 14                        |        |     |   |    |    |       |            |     |   |   |   | 7        |   |   |   |    |    |    |   |   |   |   |   |       |
| Date                    | 1,7                       | 7      | 8   | 9 | 10 | 11 | 12    | 1          | 2   | 3 | 4 | 5 | <b>E</b> | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 | 4 | 5 | Total |
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| Bottle feed (ml)        |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         | Wet                       | diaper | s   | 1 |    |    | Dirty | diape      | ers |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |
|                         |                           |        |     |   |    |    |       |            |     |   |   |   |          |   |   |   |    |    |    |   |   |   |   |   |       |

↑ 7 8 9 10 11 12 1 2 3 4 5 € 7 8 9 10 11 12 1 2 3 4 5 Total

