Newborn Feeding Log

Write down every feed, diaper and nap, one page for each day.



WHY IT HELPS

In the first weeks, days and nights run together. A simple log shows when your baby last fed, which side or bottle, and how many diapers so far. You do not have to remember, and anyone who takes over can see where things stand.

Bring it to your baby's checkups.

EACH DAY HAS FOUR SMALL STEPS

Feed	Write the time, then tick the side or bottle.
Change	Tick wet or dirty at each diaper change.
Sleep	Shade the hours your baby was asleep.
Hand over	Leave a note for the next person on shift.

Keep it where you feed. Leave the log and a pen by the chair or bed you use most, and write right after each feed.

CareClinic

EXAMPLE NEWBORN FEEDING LOG · ONE DAY

DATE: Wednesday, March 4

BABY'S NAME: Leo

1 Feeds

One row for each feed, day or night.

#	TIME	BREAST OR BOTTLE	MINUTES OR AMOUNT	NOTES
1	12:40 am	Left	15 min	
2	3:20 am	Right	12 min	Fell asleep feeding
3	6:05 am	Left, Right	18 min	
4	8:50 am	Right	14 min	Spit up a little
5	11:30 am	Left	16 min	
6	2:15 pm	Bottle	20 min	Expressed milk, Sam fed
7	4:45 pm	Right	15 min	
8	7:10 pm	Left, Right	22 min	Cluster feeding
9	9:35 pm	Left	12 min	
10				
11				
12				

2 Diapers

Tick wet, dirty or both.

1:00 am — ☑ Wet ☐ Dirty	3:40 am — ☑ Wet ☑ Dirty	6:30 am — ☑ Wet ☐ Dirty	9:10 am — ☑ Wet ☑ Dirty	12:00 pm — ☑ Wet ☐ Dirty	2:40 pm — ☐ Wet ☑ Dirty
5:10 pm — ☑ Wet ☐ Dirty	8:00 pm — ☑ Wet ☑ Dirty	☐ Wet ☐ Dirty	☐ Wet ☐ Dirty	☐ Wet ☐ Dirty	☐ Wet ☐ Dirty

3 Sleep

Shade each hour your baby was mostly asleep.

12a	1	2	3	4	5	6	7	8	9	10	11	12p	1	2	3	4	5	6	7	8	9	10	11
☐	■	■	☐	■	■	☐	■	☐	■	■	☐	■	■	☐	■	☐	■	■	☐	■	☐	■	■

TODAY IN TOTAL

FEEDS	WET	DIRTY	HOURS ASLEEP
9	7	4	15

FOR THE NEXT PERSON

Last fed 9:35 pm on the left. Start on the right next.

Checkup Friday at 10 am. Bring this log.

DATE

BABY'S NAME

1 Feeds

One row for each feed, day or night.

#	TIME	BREAST OR BOTTLE	MINUTES OR AMOUNT	NOTES
1		Left Right Bottle		
2		Left Right Bottle		
3		Left Right Bottle		
4		Left Right Bottle		
5		Left Right Bottle		
6		Left Right Bottle		
7		Left Right Bottle		
8		Left Right Bottle		
9		Left Right Bottle		
10		Left Right Bottle		
11		Left Right Bottle		
12		Left Right Bottle		

2 Diapers

Tick wet, dirty or both.

Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty
Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty	Wet Dirty

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TODAY IN TOTAL

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FOR THE NEXT PERSON

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12		Left Right Bottle		

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FOR THE NEXT PERSON

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FOR THE NEXT PERSON

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FOR THE NEXT PERSON

_____

_____

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CareClinic

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TODAY IN TOTAL

FEEDS	WET	DIRTY	HOURS ASLEEP

FOR THE NEXT PERSON

My week

Copy each day's totals here. Patterns are easier to see side by side.

WEEK OF

BABY'S NAME

1 Day by day

#	DATE	FEEDS	WET	DIRTY	HOURS ASLEEP	NOTES
1						
2						
3						
4						
5						
6						
7						

2 What I noticed this week

3 Who to call

	NAME	PHONE
Baby's doctor		
Nurse or after-hours line		
Feeding support		

FOR MY NEXT APPOINTMENT

Questions to raise at my baby's next checkup.