

EARLY DAYS TRACKER

DATE:

Items on hand:

- Diapers
- Wipes
- Creams
- Breast pads
- Burp cloths
- Onesie
- Blanket
- Sanitizer
- Water
- Snack

Feedings

TIME

SIDE



Diapers

Naps

Good to Know:

- Sleep Length
- # of poops
(consistency)
- # of pees
- Temperature
- Temperament
- Breathing
Patterns
- Feeding
Patterns

Issues to Discuss

*Call your baby's doctor if you are concerned for the health or safety of your baby.

Parent Nutrition

Quick Guide

- Granola
- Power Bar
- Almonds
- Trail Mix
- Cheese
- Beef Stick
- Hummus
- Yogurt
- Smoothie
- Crackers
- Nut Butter
- Popcorn

Parent Hydration