

THE NEW MAMA GUIDE'S Daily Schedule & Responsibilities

This is a way to help you get enough sleep and food by figuring out who does what. Don't actually try to put your newborn on a schedule; it's futile.

BABY																			
YOU																			
	6am	7	8	9	10	11	Noon	1pm	2	3	4	5pm							

BABY																			
YOU																			
	6pm	7	8	9	10	11	Midnight	1am	2	3	4	5am							

Average numbers for newborns

- 10-12 feedings /day
- 20-40 minutes /feeding
- 10-12 diapers /day
- 11-18 hours total sleep /day
- 45-60 minutes /each time awake (includes feeding)

Things you can chart

- Your sleep
- Your meals
- Your showers and bio breaks
- Feeding
- Diapering
- Holding the baby
- Cooking
- Chores and errands