THE NEW MAMA GUIDE'S

Baby Eating & Sleeping

Day of week + Date

SLEEP	TIME	EAT min / oz	NOTES bath, poo, cry, weight, walk
			Wake up for the day

DAILY: ○ **VITAMIN D** ○ **TUMMY TIME** ○ _____ ○ _____

For babies 2 months+

The New Mama Guide: Taking care of yourself in the first 6 weeks after birth
http://newmamaguide.com