



Petal & Paper

YOUR FREE PRINTABLE

Newborn feeding and sleep log



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newborn log

Feeds (time and duration)

Feed 1: Time ____ Breast L/R or bottle ____ml
Duration ____

Feed 2: Time ____ Breast L/R or bottle ____ml
Duration ____

Feed 3: Time ____ Breast L/R or bottle ____ml
Duration ____

Feed 4: Time ____ Breast L/R or bottle ____ml
Duration ____

Feed 5: Time ____ Breast L/R or bottle ____ml
Duration ____

Feed 6: Time ____ Breast L/R or bottle ____ml
Duration ____

Sleep

Sleep 1: ____am/pm to ____am/pm Duration ____

Sleep 2: ____am/pm to ____am/pm Duration ____

Sleep 3: ____am/pm to ____am/pm Duration ____

Total sleep today: ____hrs Your sleep: ____hrs

Nappies

Wet nappies: ____ (target 6+ after day 5)

Dirty nappies: ____ Colour: _____

Any concerns: _____

Notes for midwife or health visitor

Weight today (if known): ____g

Questions to ask: _____

Concerns: _____