

# The Baby's Day Notebook - How can it help you?



Buy today for just £9.99!

Did he go down for his nap without a fuss?

How long are his day time naps?

How are his nappies?

	In Bed	Sleeping	Crying	Awake	Eating	Nappy Change	Playing	Out and About	Bath
12:00									
12:15									
12:30									
12:45									
13:00									
13:15									
13:30	In Bed	Sleeping							
13:45									
14:00									
14:15									
14:30									
14:45									
15:00									
15:15									
15:30									
15:45									
16:00									
16:15									
16:30									
16:45									
17:00									
17:15									
17:30									
17:45									

  

	In Bed	Sleeping	Crying	Awake	Eating	Nappy Change	Playing	Out and About	Bath
18:00									
18:15									
18:30									
18:45									
19:00									
19:15									
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22:30									
22:45									
23:00									
23:15									
23:30									
23:45									

  

Observations:

Dunch - baby rice, 4 spoons. Went down for pm sleep v. well.

200 Sweet potato puree ate all! Bath & went to bed well.

  

Total Sleep (hours): 14 1/2

  

Total milk (mls / mins): 630mls.

What did he eat today?

How was your day?

How long did he sleep today?

How much milk did he drink?

More ideas and information at [www.babysday.co.uk](http://www.babysday.co.uk)

