1-Week Newborn Chart

Use this chart to track your newborn's feedings and diapers.

Tracking meals & diapers will help you understand your newborn's digestive routine, reassure you that your child's input & output is adequate, and assist doctors if baby needs medical attention. It is recommended that you document these occurrences for at least the first few weeks of baby's life or until it feels unnecessary to continue. Each time your child eats or has a soiled diaper, simply check the box for the closest time. Each box represents one 15-minute interval.

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