

*New Mother Chart:
Feeding Schedules, Sleeping, Diapering, plus more*



Being a new mother requires to remember so many important events in those first few months. This simple to use chart is just for those times.

If your breastfeeding, bottle feeding, nap time, doctor visit, weight chart, or stool chart, this is one chart to help you keep record for your newest member to your family.

Please feel free to use this chart how ever it may help you.

Breastfeeding

Bottle
Feeding

Nap Time

Stools

Weight

Height

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Please feel free to use these charts how ever you feel they will work for you.
If you feel that your baby is not eating correctly either by nursing or breastfeeding, or not gaining enough weight or does not have the proper stool count you feel, please seek the advice of your own pediatrician.

These charts are in no way to substitute what your doctor recommends for your new baby.

The purpose of these charts is for record keeping only.

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