BabyTides

My newborn's first week

A simple place to jot down feeds, diapers and sleep in the blur of the first days. Bring it to your baby's checkups: it helps you and your pediatrician see the pattern.

Baby's name _____

How to use it

- One page per day. Start a new page each morning, or whenever suits you.
- Feeds: write the time and how long on each side, or how much from a bottle.
- Diapers: tick wet or dirty. Add up the day at the bottom.
- Sleep: note when your baby fell asleep and woke up. Gaps are fine.
- Not every box needs filling. Any record is more than memory at 3 a.m.



DAY **1** Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY **2** Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY **3** Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY 4

Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY **5** Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY **6** Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

DAY 7

Date _____

Feeds

Time	Left min	Right min	Bottle oz / ml	Notes

Diapers

Time	Wet	Dirty

Today: ☐ wet ☐ dirty

Sleep

Fell asleep	Woke up

Notes and questions

FOR YOUR CHECKUPS

What health organizations describe in the first weeks

Feeds

- Breastfed newborns often feed about every 2 hours, around 10 to 12 times in 24 hours, according to the AAP.[1]
- Formula-fed newborns usually feed every 2 to 3 hours, about 8 to 12 times in 24 hours.[1, 2]

Diapers

- In the first 48 hours, many babies have only 2 or 3 wet diapers in total. From day 5, the NHS describes at least 6 heavy, wet diapers every 24 hours.[3]
- For breastfed babies, the NHS describes at least 2 soft, yellow poops a day from about day 4, for the first few weeks.[3]

Call your pediatrician

if you're worried about your baby, or if your baby has fewer wet diapers than usual, a dry mouth, or seems much sleepier or fussier than usual.[3, 4] In an emergency, call 911 (999 in the UK) or your local emergency number.

Questions for my pediatrician

Sources: 1. American Academy of Pediatrics, HealthyChildren.org, How Often and How Much Should Your Baby Eat? (updated April 2, 2024). 2. CDC, How Much and How Often to Feed Infant Formula (reviewed April 21, 2026). 3. NHS, Breastfeeding: is my baby getting enough milk? (reviewed April 30, 2026). 4. American Academy of Pediatrics, HealthyChildren.org, Signs of Dehydration in Infants & Children (updated September 24, 2019). Every baby is different; these are general descriptions, not targets. Medical review: pending. © 2026 BabyTides.