

Today's feeding notes

Date: _____ Baby: _____ Amount unit (mL or oz): _____

Record observations. Follow your baby's care plan for amounts and timing.

Time	Nursing / bottle	Amount / duration	Notes / initials

One question to carry forward

Next caregiver / handoff time

Daytime sleep notes

Date: _____ Caregiver: _____

Record sleep as it happens. This page does not set wake windows or nap targets.

Sleep began	Sleep ended	Where / caregiver	Observations

What else was happening today?

Question to carry into tonight

Firsts we want to remember

Dates can be approximate. This is your family's record, not a list of deadlines.

Date	What we noticed	Who was there / memory

Favorite moment from this page

Pumping session log

Date: _____ Volume unit: _____

Record observations; output alone is not a measure of your worth or a diagnosis of supply.

Time	Duration	Amount / unit	Comfort / notes

Question to discuss with a lactation professional

Today can be small

Date: _____ Three priorities is a limit, not a quota.

The one thing that matters most today

Two other things, only if there is room

Food / rest / support arrangements

Who can take one task?

Carry forward / let go

Before the first day

Ask the provider directly. This page does not establish care policies, legal permissions, or medical instructions.

Required forms / due dates

Hours / arrival and pickup procedures

Food, milk, supplies, and labeling requirements

How changes and urgent concerns are communicated

Questions still open / owner / follow-up date
