

What happened at the last feed?

Feeding Notes & Caregiver Kit

A practical paper system for nursing, bottles, first-food observations, and clear feeding handoffs. Record your baby's own routine without a prescribed schedule.

9 pages | LETTER | Print only what you need

Start with one useful page

Use this kit to coordinate care and remember details, not to score your day.

01 Start with one daily log. Write the date and the unit you use for bottle amounts.

02 Write what happened, not what should have happened. Leave unknown details blank.

03 At handoff, name the next caregiver and read back any questions together.

A completed-note example

Illustrative handoff: "Last bottle noted at 2:10 p.m.; amount recorded in mL on today's log. Please add the next feed to the same page. My question for our clinician is on the weekly review." This is a writing example, not feeding advice.

Printing & privacy

Choose the PDF matching your paper: US Letter or A4. Print at actual size (100%); try one page first. Pages are designed for handwriting, not interactive form filling. Reprint worksheets for your household and caregivers caring for your child. Keep completed pages private; do not upload personal care notes to the shop.

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