

Newborn feeding and nappy log

BABY NAME

DATE

CAREGIVER

WHY ARE WE TRACKING?

Use for one 24-hour question. Feed responsively and ask for help early if you are concerned.

Feeds and nappies

Time	Feed type	Side or amount	Wet	Dirty	What is worth noting

IMPORTANT

For breastfeeds, do not estimate a volume. For bottles, record what your baby took. Nappy counts are one clue among several, not a diagnosis.