# Caring for Your Baby Sample Sleep and Activity Chart

# Sample Sleep and Activity Chart

### Symbols

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	Awake o	and crying and conte change	g or fussy , ent <u>e</u>	- MM	n		Feeding Feeding Parent-I (bath, c							
Date	1 a.m.	2	3	4	5	6	7	8	9	10	11	Noon	1 p.m.	2
4/5			mχ	45 X			Min X	eese(	Bathy	40 Nin		m	45 Min	eee
4/6	50 Min	χm	Rock	)	60 Min	]x-	ee	o 15 Min	eee (	hath) X	30 Mih			
4/7	^	n 40	] <i>x</i> —			m	45 X	lee	eee(	ath)	(se 40 Min		-~[	30 Min

# Sleep and Activity Chart for You to Complete

## Symbols

Sleep Awake and crying or fussy Awake and content Diaper change X									Feeding-breast How Long Feeding-bottle Cunces Parent-baby interaction (bath, car ride, play, etc.)  Feeding-breast  Feeding-br																
	A.M.	A.M.												P.M.											
Date	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	
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