



# Caring for Your Baby

## Sample Sleep and Activity Chart

Sample Sleep and Activity Chart

Symbols

Sleep   
 Awake and crying or fussy   
 Awake and content   
 Diaper change X

Feeding-breast   
 Feeding-bottle   
 Parent-baby interaction (bath, car ride, play, etc.)

Date	1 a.m.	2	3	4	5	6	7	8	9	10	11	Noon	1 p.m.	2
4/5			X	X			X							
4/6		X				X						X		
4/7			X						X			X		

Sleep and Activity Chart for You to Complete

Symbols

Sleep   
 Awake and crying or fussy   
 Awake and content   
 Diaper change X

Feeding-breast   
 Feeding-bottle   
 Parent-baby interaction (bath, car ride, play, etc.)

Date	A.M.											P.M.													
	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	

