

Infant Complete Daily Schedule: Example

Time	SLEEP			FEEDING TYPE		BREASTFEEDING (min)				DIAPERING		Time	ACTIVITIES	REMARKS	
	Sleep	Sleep Duration (min)	Remarks	Time	Breastmilk/ Formula	Amount (ml)	Breast Side	Left breast	Right breast	Total	Wet Nappy				Soiled Nappy
05:00				05:00	Breastfeed		L	18	-	18			05:00		
05:30				05:30							x		05:30		
06:00				06:00									06:00		
06:30				06:30									06:30		
07:00		90	Cot (curtains closed + music)	07:00									07:00		
07:30				07:30									07:30		
08:00				08:00	Breastfeed		R/L	5	15	20		x	08:00		
08:30				08:30									08:30		
09:00				09:00									09:00		
09:30		75	Cot (curtains closed + music)	09:30									09:30		
10:00				10:00									10:00		
10:30				10:30									10:30		
11:00				11:00	Breastfeed		L/R	21	4	25	x		11:00		
11:30				11:30									11:30		
12:00				12:00									12:00		
12:30		105	Pram (home)	12:30									12:30		
13:00				13:00									13:00		
13:30				13:30	Breastfeed		R	-	22	22	x		13:30	WALK OUTSIDE	
14:00				14:00									14:00		
14:30				14:30									14:30		
15:00				15:00									15:00		
15:30				15:30									15:30		
16:00		150	Pram (home)	16:00									16:00		
16:30				16:30									16:30	BATH	
17:00				17:00	Breastfeed		L/R	25	9	34		x	17:00		
17:30				17:30									17:30		
18:00				18:00									18:00		
18:30				18:30									18:30		
19:00				19:00									19:00		
19:30		105	Cot (music)	19:30	Bottle feed (breastmilk)	90	-	-	-	-		x	19:30		
20:00				20:00									20:00		
20:30				20:30									20:30		
21:00				21:00									21:00		
21:30				21:30									21:30		
22:00				22:00									22:00		
22:30		120	Cot	22:30									22:30		
23:00				23:00	Breastfeed		R/L	11	26	37	x		23:00		
23:30				23:30									23:30		
00:00				00:00									00:00		
00:30				00:30									00:30		
01:00				01:00									01:00		
01:30		135	Cot	01:30									01:30		
02:00				02:00	Breastfeed		L/R	22	-	22	x		02:00		
02:30				02:30									02:30		Crying, wind & cramps
03:00				03:00									03:00		
03:30				03:30									03:30		
04:00				04:00									04:00		
04:30		120	Our bed	04:30									04:30		
TOTAL			minutes												
			hour			ml					min				