



# Newborn Care Cheat Sheet

## SLEEP

### SLEEPY CUES:

quieter and less engaged in environment  
glazed eyes  
yawning  
slow movements  
rubbing eyes  
Fussiness and crying (overtired)

### WAKE WINDOWS:

0-8 wks 45 min-1 hr  
8-12 wks 1.5 hrs  
Total sleep 16-18 hrs

### DAY NIGHT REVERSAL:

Make clear distinction between night a day.  
During the day naps in light and at night keep things dark and quiet, try not to socialize with baby at night, at night when baby wakes up feed, change diapers and put back to sleep

## CHANGE

### PEE

6 or more wet diapers a day (once milk comes in or baby is receiving formula)

### POOPS

start out dark green and then as milk come in turn yellow  
Usually 3+ stools per day in 1st month (many breastfed infants poop with each feeding)

## SOOTHE

The 5s by Dr. Harvey Karp

swaddling  
white noise  
motion, swaying  
side-lying  
suck reflex- pacifier or finger

## EAT

**HUNGER CUES:** Rooting, Sticking tongue out, opening mouth, hand in mouth, fussiness

### BREASTFEEDING [Month 1]

10-12+ times a day, lasting about 15-30 minutes at a time. Depending on your babies feeding style these initial feeding sessions can take longer.  
Week 1 1/2 ounce per feeding  
Weeks 2-3 1-2 ounces per feeding  
Weeks 3-4 2-3 ounces per feeding

### BREASTFEEDING [Month 2]

8-12 times a day\*, ideally not more than 3 hrs in between feedings during the day (this reduces night time feedings), lasting 10-30 minutes  
4 to 5 ounces per feeding

### BREASTFEEDING [Month 3]

6-12 times a day\*, ideally not more than 3 hrs in between feedings during the day (this reduces night time feedings), lasting 10-30 minutes  
4 to 6 ounces per feeding

\*can be more with cluster feeding

### FORMULA FEEDING

2.5oz x how much baby weighs in pounds = how many ounces of formula baby needs on average per day

In the first week baby will take approximately 2-3 oz of formula every 3-4 hours increasing to 3-4 oz every 4 hours in the first month.

After one month they typically increase the amount by of formula they consume per feeding by 1 oz per month until they reach a maximum of about 7 to 8 oz



# Newborn Care Tracking Sheet

## REMINDER

In those early days, it can be hard to remember what day it is—let alone which side you nursed on or how many diapers you changed. This tracker is here to help, not to add pressure.

Tracking feeds and diapers during the first week is especially helpful, but you don't need to do this forever. Use it to stay grounded and give yourself peace of mind—you've got this.

## Feeding Log

DATE	TIME	BREAST/BOTTLE	SIDE/AMOUNT	DURATION	NOTES



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## Diaper Log

DATE	TIME	PEE Y/N	POOP Y/N	NOTES