



SIMPLESTBABY PLAN
Baby Schedules & Log

SIMPLESTBABY™ LOG

DATE: _____

START TIME	END TIME	TOTAL SLEEP	TOTAL FEED TIME	FEEDING AMOUNT	BREAST STARTED WITH		PEE	POOP	NOTES
					L	R			
					<input type="radio"/>	<input type="radio"/>			
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					<input type="radio"/>	<input type="radio"/>			
					<input type="radio"/>	<input type="radio"/>			
					<input type="radio"/>	<input type="radio"/>			
TOTALS									

SIMPLEST BABY PLAN™

DATE: _____

3-6 Weeks - Day



TIME OF DAY	ACTIVITY	SLEEP	OZ's FEED		BREAST STARTED WITH		PEE	POOP	NOTES
			GOAL	ACTUAL	R	L			
7:00-7:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
7:30-8:00	Play Time	0:30							
8:00-10:00	1st Nap	2:00	AMOUNT SLEEP						
10:00-10:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
10:30-11:00	Play Time	0:30							
11:00-1:00	2st Nap	2:00	AMOUNT SLEEP						
1:00-1:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
1:30-2:00	Play Time	0:30							
2:00-4:00	3st Nap	2:00	AMOUNT SLEEP						
4:00-4:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
4:30-5:00	Play Time	0:30							
5:00-5:30	4st Nap	0:30	AMOUNT SLEEP						
5:30-6:00	Play Time	0:30							
6:00-6:15	Bath Time	0:15							
6:15-7:00	Feeding	0:45			<input type="radio"/>	<input type="radio"/>			

TOTALS:			HR's	OZ's					
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SIMPLEST BABY PLAN™

DATE: _____

3-6 Months - Day



TIME OF DAY	ACTIVITY	AMT SLEEP	OZ's FEED		BREAST STARTED WITH		PEE	POOP	NOTES
			GOAL	ACTUAL	L	R			
7:00-7:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
7:30-8:30	Playtime	1:00							
8:30-10:00	1st Nap	1:30	AMOUNT SLEEP						
10:00-11:00	Playtime	1:00							
11:00-11:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
11:30-12:00	Playtime	0:30							
12:00-2:00	2st Nap	2:00	AMOUNT SLEEP						
2:00-3:00	Playtime	1:00							
3:00-3:30	Feeding	0:30			<input type="radio"/>	<input type="radio"/>			
3:30-4:00	Playtime	0:30							
4:00-4:45	3st Nap	0:45	AMOUNT SLEEP						
4:45-6:30	Playtime	1:45							
6:30-6:45	Bathtime	0:30							
6:45-7:15	Feeding	0:15			<input type="radio"/>	<input type="radio"/>			
7:15	Bedtime	0:30							

TOTALS:			HR's	OZ's					
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SIMPLESTBABY PLAN

DATE: _____

6-12 Months - Day

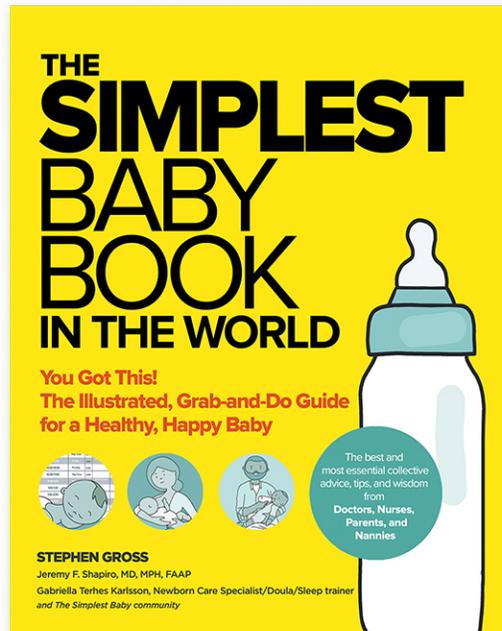


TIME OF DAY	ACTIVITY	AMT SLEEP	OZ's FEED		BREAST STARTED WITH		PEE	POOP	NOTES		
			GOAL	ACTUAL	L	R					
7:00-7:30	Feeding	0:30			Bottle		<input type="radio"/>	<input type="radio"/>			
7:30-9:00	Playtime	1:30									
9:00-10:30	1st Nap	1:30	AMOUNT SLEEP								
10:30-11:30	Playtime	1:00									
11:30-12:00	Feeding	0:30			Bottle		<input type="radio"/>	<input type="radio"/>			
12:00-1:00	Playtime	1:00									
1:00-1:30	Feeding	0:30			Solids		<input type="radio"/>	<input type="radio"/>			
1:30-2:30	2st Nap	1:00	AMOUNT SLEEP								
2:30-3:00	Playtime	0:30									
3:00-3:30	Feeding	0:30			Bottle		<input type="radio"/>	<input type="radio"/>			
3:30-4:00	Playtime	0:30									
4:00-4:30	3st Nap	0:30	AMOUNT SLEEP								
4:30-6:00	Playtime	1:30									
6:00-6:15	Feeding	0:15			Solids		<input type="radio"/>	<input type="radio"/>			
6:15-6:45	Bathtime	0:30									
6:45-7:00	Feeding	0:15			Bottle		<input type="radio"/>	<input type="radio"/>			

TOTALS:			HR's	OZ's					
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The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



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HIGHLY ILLUSTRATED GUIDE

700+ instructive illustrations make learning faster and easier.



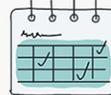
BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



THE MUST-HAVE LISTS

Every chapter starts with the essential list of products, providing a handy checklist for everything you will need for preparing the nursery, breastfeeding, bathing, sleeping, feeding, safety, traveling, and more.



BEST OF THE BEST FROM THE EXPERTS

Helpful advice and recommendations from doctors, nurses, and baby-care experts that help make life just a little easier.



DADDY HACKS

Dad's simple work-arounds and shortcuts for everyday baby issues.