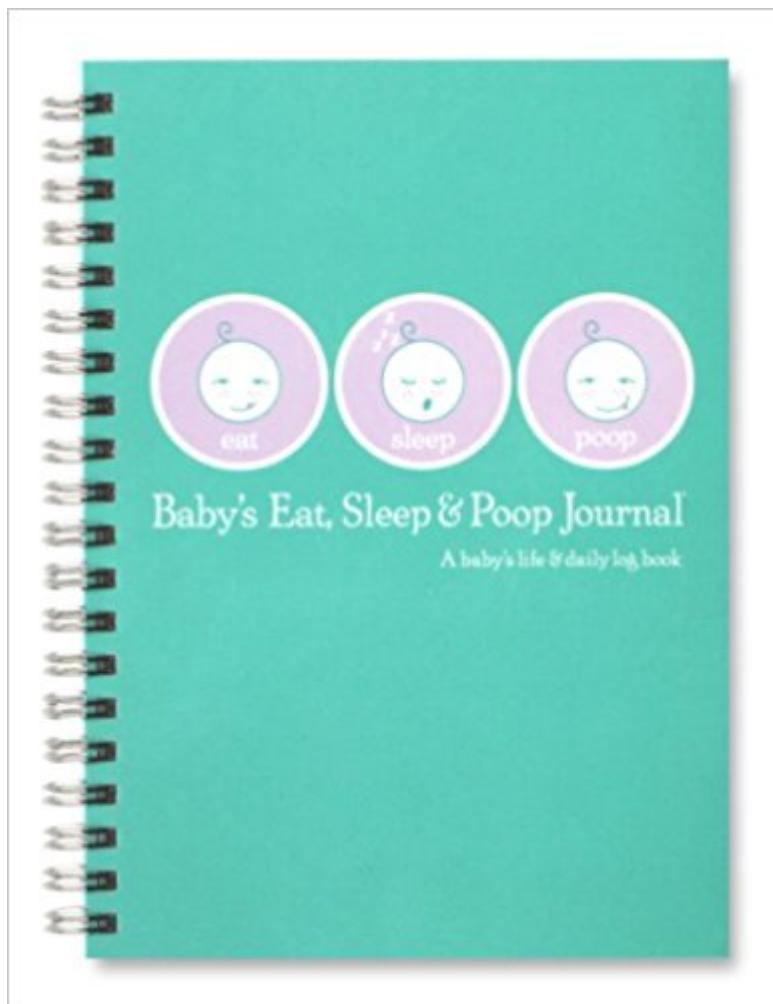


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# Baby's Eat, Sleep & Poop Journal, Log Book (Aqua)



## **Synopsis**

AN ABSOLUTE MUST-HAVE FOR NEW PARENTS. Created by a mom to help even the most sleep deprived parents monitor baby's progress by recording baby's daily activity in this easy to use log book. Log in feedings (breast & bottle), diaper changes, sleep patterns, immunizations and more all to help track baby's development and keep the baby on a schedule. Great for pediatrician visits. And perfect for working parents to leave with baby-sitters to be tuned in to baby, even when you can't be there. Durable & compact at 5 x 7 inches, with water resistant front and back covers. Fill in pages include; page for important info (names & numbers), immunizations & growth chart page, 60 pages of fill-in charts & notes all neatly organized in a convenient, (adorable) spiral notebook. Makes a playful, yet practical baby shower gift.

## **Book Information**

Spiral-bound: 122 pages

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Language: English

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Package Dimensions: 7 x 5.3 x 0.6 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 126 customer reviews

Best Sellers Rank: #21,661 in Books (See Top 100 in Books) #57 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #1140 in Books > Parenting & Relationships

## **Customer Reviews**

The Baby's Eat, Sleep, and Poop Journal® - A baby's life and daily log was created by a Mom for new Moms. Whether breast-feeding or bottle-feeding baby, recording daily feedings, diaper changes and sleep patterns becomes valuable information to determine whether a baby is progressing normally-essential for new parents. And the growth chart and immunization record make it a must-have for pediatricians visits. All neatly organized in a convenient, quality (adorable) notebook. Each is 5" x 7" and includes; 1 page for important info (names & numbers), 1 page for immunizations & growth chart & , 60 pages of fill-in charts, 60 pages for notes, with water resistant front and back covers

Designer & Mom, Sandra says. "The Baby's Eat, Sleep, and Poop Journal was born out of

necessity. As first time parents, our daughter was a mystery to us. After many sleepless nights and more questions than any two people could have for a pediatrician, the small effort of writing down the baby's daily functions, had big results. It really helped to be sure the baby was eating enough and progressing normally, not to mention - helped keep her on a schedule. I couldn't find anything like it anywhere. I thought, it was just me... But after speaking with my daughter's pediatrician and other Moms who wish they had something like the Baby's Eat, Sleep, and Poop Journal, I knew I was on to something. I hope you find the journal as useful as we did."

I am not sure if I didn't thoroughly read the description when I purchased this. That being said, I was slightly disappointed that it is basically just a bunch of printed pages of what seems like excel spreadsheets. There isn't really any room for extra notes and checking the boxes in between feedings and diaper changes became pretty cumbersome and time consuming. It DID help in the first few weeks when I was having to monitor every single move my newborn made, but became unnecessary beyond about two weeks. It wasn't super pricey, so it isn't that big of a deal, but if you don't mind writing on notebook paper or dealing with a baby monitoring app, that might be a better bet.

This log is so nice, we got some paper log sheets while we were stayed at the hospital, to help the nurses keep track of our baby. Our doctor recommended we try to keep a log even after leaving the hospital, so I ordered this log. So far it's been very helpful as far as tracking our baby's feedings and diaper changes. It definitely helps us know what to expect as far when he'll wake up and when he's extra hungry.

I love this journal! I spent a lot of time researching all the different ones out there before settling on this one. It was great for keeping track of both nursing sessions and bottle feedings, and we are also able to record nap times so that we can see patterns and changes over time. I also like that the back of each page is blank for extra notes, so I use this area to jot down any special moments or milestones so I don't forget and can transfer them to the baby book later. My son is a year old now, but I am still buying these journals because they are a great way for the nanny and I to share info with each other. When I get home I can see how he ate and napped even if I forget to ask her about it. I have since bought this for other new moms and would recommend it to anyone, whether they are planning to breast or bottle feed.

This indispensable journal made it possible for a harried mommy-brain like myself keep track of all of the baby activity that was necessary to track in the early days/weeks/months of a new nursing infant with health issues. The format makes it simple to record all the regular feeding, sleeping, pooping activity and any other noteworthy items that may be important to record. It made it so easy to report to the doctor during our visits - We didn't need to remember anything with our scrambled sleep-deprived brains. We would simply hand over the book and it said everything the doctor needed to know. Not only a useful document, it was an oddly comforting thing for us new addled parents to record the information in this little book. It provided at least some level of validation that we were properly monitoring and caring for our child. We are really glad to have had this book and would recommend it to any parents of a new baby.

Great journal for my nanny so I can see everything that has happened with the baby for the day!! It allows me to keep track how much she is eating and if she moving her bowels well.Little MD

As a first time mom I must say I LOVE this book! Now of course you shouldn't obsess over every single diaper and the exact times baby is awake or asleep, but it sure is nice to go back on. It's hard enough keeping track of when she was last fed, let alone what side I started breastfeeding on!! I really enjoy that you can keep track of immunizations and weight. The notes section is also helpful to back and read to see what needs to be discussed with the Doctor. Oh and the book is just cute too which is also important!

I love this book. I am halfway through my first one and am going to order a second. I would recommend this as a shower or hospital gift for new parents. I am a second time parent with an 11 year gap. I forgot how you need to monitor every feeding, poop, etc. with a newborn. The hospital gave us a few worksheets to take home, but I had loose scraps of paper everywhere, which were bound to get lost, and I wanted a cute log to keep as a permanent memory of baby's first year. This book helps you track feedings via breast or bottle, sleep and awake time, poopies and pee pees - there is also a lot of room for making your own notes - each open page has a blank page for notes and the opposite side is the fill in the blank tracking sheet. It is also small enough to throw in the diaper bag when you're out and about or at the doctor's office and need information. It is totally helpful.

This book saved my sanity when my son was born! The log the hospital gave me was terrible so I

am really glad I had already ordered this log book and had packed it in my hospital bag. I used it for about a month or two until we got really comfortable in a routine and my pediatrician said we were ok to not log feedings and diapers anymore. My husband and my mom were able to follow the log too so there was no confusion when they changed any diapers.

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