



babytalk **BABY TRACKER**





Your baby probably already has his own little routines—you just might not be able to see them yet. That’s why **Daniela Montalto, Ph.D., a pediatric neuropsychologist at New York University’s Child Study Center developed this daily log exclusively for Babytalk readers.** Use it to keep track of your little one’s sleep, feeding, playtime and more. All you have to do is circle or “x” out the blocks of time for activity. For example, if he naps from 7am to 8am, circle or cross out those numbers. For time that begin on the quarter or half hour, simply write in “15” or “30” in the space above. In a couple of weeks, you should begin to see some patterns emerge—and to make it easy on yourself, print out several copies now so you have enough to last you at least a month.

HAPPY TRACKING!







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DATE _____

 SLEEP	6am 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11 12am 1 2 3 4 5
 FEED	6am 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11 12am 1 2 3 4 5
 PLAY/ QUIET	6am 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11 12am 1 2 3 4 5
 FUSSY	6am 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11 12am 1 2 3 4 5





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