

How to use *My Very First Diary*

The charts in this diary will help you monitor how much sleep your little one is getting. Sleep is a skill we need to learn – and it is one of the first skills you need to teach your baby. However, one in three children under the age of five do not have this skill, and out of these children 30 per cent have a serious sleep problem. When adults get tired they tend to slow down, but when children get tired they will speed up and become hyperactive. By monitoring and adjusting your baby’s sleeping, feeding and playing routines, you can ensure that your baby feels safe and happy and your daily routine is convenient for you and your baby.

Everyone needs a different amount of sleep but the average recommended amounts are included in the chart below. Some babies will sleep a lot more, and others slightly less. When completing the diary you can view in one glance and add up the total amount of sleep your baby is having in a 24-hour period and monitor your baby’s progress.

| Age | Total number of hours in a 24 hour period | Total number of hours at night | Total number of hours in the day | Number of daytime sleeps or naps |
|----------------------|---|--|----------------------------------|--|
| Newborn | 15 to 17 | 2 to 5 hour blocks. | 5 to 6 | 3 to 5 |
| Four weeks | 15 to 17 | 10 hours but broken for feeds. | 5 to 6 | 3 to 4 |
| Three months | 16hrs 45mins | 12 hours but broken for feeds. | 4hrs 45mins | 2 sleeps and 1 nap |
| Six months | 16hrs 15mins | 12 hours but may still be broken with the dreamfeed. | 4hrs 15mins | 2 sleeps and 1 nap |
| Nine months | 15 | 12 | 3 | 2 sleeps (or 1 longer sleep and 1 nap) |
| Twelve months | 14hrs 30mins | 12 | 2hrs 30mins | 1 sleep (or 1 longer sleep and 1 nap) |

The charts in the diary will also help you to keep track of your baby's feeding patterns and how much your baby is eating and drinking. Debate still rages over the benefits of demand versus routine feeding but the fact remains that babies thrive on routine and the security of knowing that their needs are met in a consistent way.

Even if you choose not to follow my particular routines I would encourage you to follow some pattern of feeding your baby on a daily basis. If you are finding that demand feeding is easy and you have no problem interpreting your baby's cries, you are doing well and should continue with what is working for you using the diary to chart your baby's day. However, if you are concerned that your baby is not eating and sleeping well, then I recommend you try putting your baby on a set feed and sleep routine such as the ones outlined in my book *Save Our Sleep* and on my website (www.saveoursleep.com). Please consider this before giving up breastfeeding because time and time again I have observed that putting a baby on a routine can solve all sorts of feeding and sleeping problems.

Throughout the diary I have given you some of my best loved advice to help you in the first year. So if you are new to *Save Our Sleep* I would suggest you take a look at this advice now because some of it will be helpful from day one.

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I have also popped in some helpful tips for you to read as you fill in the diary, however, some tips are important to help you in the early days so I will repeat them here for easy reference.

- Work out the time between feeds from when the last feed began, not when it finished. So, if you start feeding at 7am but finish at 8am and your baby needs food again 3 hours later this is 10am.
- Bottles and other equipment may be wet after you take it out of sterilisers. This isn't a problem and you do not need to dry it before putting your baby's milk into it.

- If you find your baby is too sleepy after a bath to take a good feed, try giving her half her feed before her bath and the other half after her bath.
- When buying your baby's first bottle, check the teat size. Most bottles come with medium teats so you will also need a newborn teat with a slow flow or your baby might find it hard to drink expressed breast milk or formula.
- It is well worthwhile varying the temperature of the milk as some babies can become fussy and start to refuse feeds unless the milk is at a particular temperature.

How to fill in the charts

The example chart to the right is filled in for a breastfed baby that is following my routines aged between 1 and 4 weeks. Please see the *Save Our Sleep* book or website for more information on this routine. If you are not following my routines or your baby is bottle-fed you will not need to fill the chart out in the same way as this example chart, only the bits that relate to you and your baby. If you are following my routines from the beginning, it is very important to express milk to help maintain a good supply. If you are not following my routines you might prefer not to express. In this case you can safely ignore the parts of the chart which refer to expressing.

Regardless of whether you are using a routine or not charting your baby's day in this diary will help you keep track of how many feeds and how much sleep your baby is having, how long you spend feeding your baby or how much your baby drinks, how many wet and dirty nappies your baby has and much more. One benefit of charting your baby's routine is that you will have a detailed daily outline to take along to your health nurse and doctor's appointments and you will also have a wonderful resource to look back on if you are blessed with more children.

My Daily Diary Day 14 EXAMPLE

Date: 17th March 2007

My Caregiver was: Mummy

| Time | Routine | Right-Breast | Left-Breast | Bottle | Settling | Sleep | Nappy | Daily notes (Bath time, Temperature, Medication etc.) |
|-------|---------|--------------------|------------------|--------|----------|-------|-------|---|
| 6:40 | EX | 90ml | | | | 20m | WN | |
| 7:00 | Feed | | 25m | | | | | |
| 7:30 | Feed | 15m | | | | | DN | |
| 8:15 | Sleep | | | | 5m | | | |
| 8:20 | Sleep | | | | | 1h40m | | |
| 9:40 | EX | | 90ml | | | | | |
| 10:00 | Feed | 25m | | | | | | |
| 10:30 | Feed | | 15m | | | | DN | |
| 11:30 | Sleep | | | | 10m | 1h30m | | |
| 13:00 | Feed | | 25m | | | | WN | |
| 13:30 | Feed | 25m | | | | | | |
| 14:30 | Sleep | | | | 5m | 1h25m | | |
| 16:00 | Feed | 25m | | | | | WN | |
| 16:35 | Feed | | 25m | | | | DN | |
| 17:00 | Nap | | | | | 20m | | 5:25 Bath |
| 18:00 | Feed | | 25m | | | | | |
| 18:30 | Feed | 15m | | | | | WN | |
| 19:00 | Sleep | | | | 10m | 2h20m | | |
| 21:00 | EX | 90ml | | | | | | |
| 21:30 | DF | | 25m | | | | | |
| 22:00 | DF | 15m | | | | | DN | |
| 22:20 | Sleep | | | | 5m | 4h5m | | |
| 2:30 | Feed | 25m | | | | | | |
| 3:10 | Sleep | | | | 0 | 2h20 | | |
| 5:30 | Feed | | 15m | | | | WN | |
| 6:00 | Sleep | | | | 4m | 1h6m | | |
| TOTAL | | Ex 180m F-1h25m | Ex 90 F-1h45m | | 39m | | | |

My Activities/Visitors were:

Diary Notes:

HELPFUL KEY:

BM-Breast-milk

FM-Formula milk

WN-Wet Nappy

DN-Dirty Nappy

EX-Expressed

DF-Dreamfeed