


Baby Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals



How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns

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- Fill in the daily tracker each evening — feedings, sleep hours, naps, and diapers
 - Rate your baby's mood and note temperature or weight when relevant
 - Write about milestones, firsts, and special moments in the lined section
 - Review weekly to spot patterns in sleep, feeding, or fussiness
 - Bring the journal to pediatrician appointments as a reference



Scan for a detailed guide on how to use this journal

Date: _____

Feeding: _____

Hours slept: _____

Naps: _____

Diaper count: _____

Mood (1-10): 1 2 3 4 5 6 7 8 9 10

Temperature: _____

Weight: _____



Notes *(how was baby today? feeding patterns, sleep changes, new behaviors, things to tell the pediatrician)*

Milestone *(any milestone or first-time event today?)*

Today's first *(first smile, first word, first step — record every new discovery)*

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