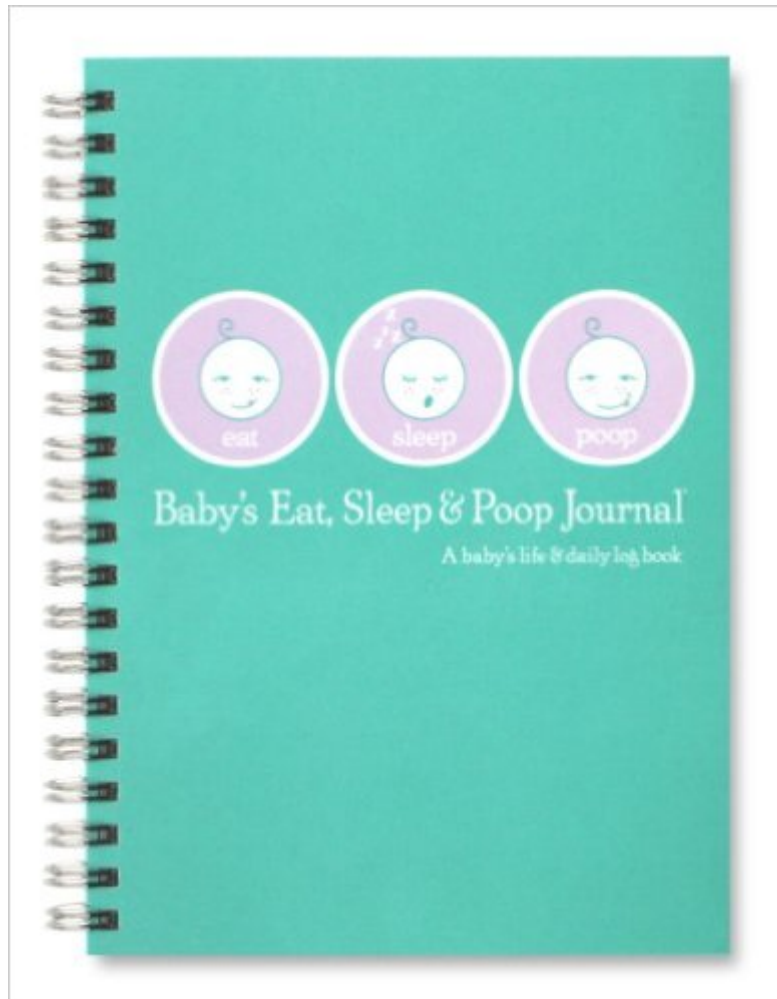


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# Baby's Eat, Sleep & Poop Journal, Log Book (Aqua)



## 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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Product Dimensions: 7.2 x 5.3 x 0.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (115 customer reviews)

Best Sellers Rank: #19,823 in Books (See Top 100 in Books) #65 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #1245 in [Books > Parenting & Relationships](#)

## Customer Reviews

Our son was born early and this journal was a huge lifesaver! We were able to keep detailed track of feedings (including volume), bowel movements and wet diapers at a time where we were overwhelmed with making sure he was meeting all the requirements of those categories. We would bring it to his pediatrician as well and she was very impressed and thanked us for making it easier for her to track his well-being. Definitely worth it.

This journal was/is a real treasure to me. With the recent birth of my first child, I slipped into post-partum depression and became convinced I was a failure as a mother. Reassurance from our pediatrician was helpful, but it was the \*daily\* reassurance I got from the journal that helped alleviate the notions that my boy wasn't eating enough or sleeping enough. I clung to the book (it's

so portable) and diligently recorded my notes. It helped me feel organized and somewhat in control during a very stressful time. I'm already on my third journal and have another ready when my current one is used. I plan to keep using them until my little one is out of diapers and well established on solids. (My husband teases me that our son will be in high school before I stop!) I highly recommend this book. Yes, of course, you can try to jot down the same info on bits of paper, but why bother when you can just as easily keep all the important info in one place and easily organized?

This journal was the best gift I got! While I believed that breastfeeding was going to be easy because it is natural, I was completely mistaken. There is so much information you need to record when breastfeeding: how long, which side, how often, when the baby peed, pooped or how many hours she/he slept in between - that it becomes impossible to remember. Especially on little sleep and when the days seem to run into one another. On top of that I have medical issues that forced me to supplement and pump a lot, so this record keeper proved to be worth its weight in GOLD! And if you are lucky enough to have a partner who helps you with feedings and changings, they needn't wake you to ask when the last feeding was or how much the baby got, because it's right there in the Eat, Sleep & Poop Journal. For anyone who thinks this journal is only for neurotic new moms, you must not have visited a pediatrician lately. They ask you for all this information to determine how your baby is thriving. It really is a lifesaver!

I love this for myself and the nanny to keep track of my baby's feeding schedule, poop/pee, breastfeeding times, and extra notes. I wish there was a temperature column. We use it 24/7 and I take it everywhere the baby goes.

Got this journal as a gift and have given it to over 10 of my friends. It is a fantastic way to keep track of things especially when things are such a blur at the beginning. I love it and think every new mom should have one.

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.

Ok... I know that you are wondering if you really need this. If you are a laid-back sort of parent, then no. If you are like me, and obsess over doing everything just right, then YES! My mom thinks I am a little crazy for writing everything down in here, but I LOVE IT! It makes me feel so much more in control, plus it really helps with the "mommy-nesia" that it's so easy to get. This way, when the baby is fussing and you can't figure out why, because, "He JUST ate!", you can look and see, "Oh... actually that was 2 hours ago." My baby had jaundice in the hospital because he wasn't getting enough to eat, so I am a little paranoid about logging it all. I don't really use the sleep portion at all, since my baby is awake and asleep every few minutes, but I can keep track of wet and dirty diapers (which is a fun way to determine whos turn it is to change him!) I love that every facing page is for "notes". I thought it was silly at first, but I use it to log pumping sessions, food I eat that seemed to make him fussy, and things to remember to ask the doctor about that may occur to me at 3 am. It's nice too, that if I have to leave him with grandma or grandpa I know how much and when he ate. I love that it is spiral bound, and lays flat, and is a good size (it tucks into a diaper bag easily). I wish it was cheaper and had more pages. I used ours up by four weeks. My husband suggested it would be cheaper to make our own spreadsheet on a computer and keep them in a binder, but the size and convenience of this led me to order another one. I will continue to use this product at least until I've been back at work for a while and mellow out some. :)

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