



# ADDITIONAL NOTES

## INSTRUCTIONS:

Please use this space to write anything else you'd like us to know, for example, if they've been ill (include date and any other relevant information).

## EXAMPLE DIARY

WHERE CHILD FALLS ASLEEP/WAKES/FEEDS WITHIN THE HOUR, NOTE THIS WITHIN THE APPROPRIATE HOUR. FOR EXAMPLE, WAKE AT 9.30AM THEN BREASTFEED - NOTE BOTH IN THE '9 AM' BOX.

Sample entry below - first row: Had solids at 7am. Had a sleep between 8.30-9.30am. Had solids at 12noon and a breastfeed at 1pm. Slept 1.30-2.30pm. Had another breastfeed at 4pm. Slept 4.30-5.15pm. Cried from 8-8.15pm, breastfed at 8.15pm, cried 8.30-8.45. Slept 8.45pm to 11.45pm. Cried 11.45pm to midnight. Breastfed at midnight. Slept 12.15am to 6.30am.

ASLEEP    B BREASTFEED    S SOLIDS    x CRYING

DATE	6AM	7AM	8AM	9AM	10AM	11AM	NOON	1PM	2PM	3PM	4PM	5PM	6PM	7PM	8PM	9PM	10PM	11PM	MID-NIGHT	1AM	2AM	3AM	4AM	5AM
12/4/24		S		b			S	b			b	S			x b x			x b						
13/4/24				b				x b	xx		b				b		xx b				xx b		xx	b

Fell asleep at approximately 4.30pm      Cried for approximately ½ hour