

Today with baby — caregiver sheet

Fill this in at the handoff so whoever has the baby can run the same day.

The basics

Baby's name: _____ Age: _____

Woke up this morning at: _____ Typical wake window: _____

Today so far

Last nap ended: _____ Last fed at: _____

Amount / what: _____ Last diaper: _____

What's next

Next nap window: between _____ and _____

Next feed around: _____

Bedtime tonight: _____

Wind-down, this house's way

1. _____
2. _____
3. _____

Always

- Sleep: on the back, in the crib/bassinet, nothing else in it (blankets, pillows, toys).
- Log it in the family thread as it happens — “ate 4oz at 2:15”, “down 3:05”, “woke 4:10”.
- Anything feels off? Text the thread first; call for anything urgent.