

A Baby Guide to Calgary

Making the Most of Your Parental Leave

MONITORING SLEEPING PATTERNS

By monitoring your baby's sleep, you will be able to discern emerging patterns. That way, you can plan your day a little better, knowing when naptime starts and ends.

Mark with a dash when the baby goes to sleep and when he awakes. Draw a line between the two dashes. Cat naps of less than thirty minutes should be marked with a "≠" sign. Also keep track of meal times: BK = Breakfast, L = Lunch, S = Snack, D = Dinner, B= Breastfeed or Formula.

Time	Day 1	Day 2	Day 3	Day 4	Day 5
1 a.m.					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
1 p.m.					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					