# MEIN BABY-TAGEBUCH

≙ 1/4 Stunde

| Uhrzeit | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Schlaf | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mahlzeit | | | | | | | | | | | | | | | | | | | | | | | | | |
| Baden/Wickeln | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schreien/Quengeln | | | | | | | | | | | | | | | | | | | | | | | | | |
| wach und interessiert | | | | | | | | | | | | | | | | | | | | | | | | | |
| normal wach | | | | | | | | | | | | | | | | | | | | | | | | | |
| Spielen | | | | | | | | | | | | | | | | | | | | | | | | | |
| Körperkontakt (Schmusen) | | | | | | | | | | | | | | | | | | | | | | | | | |
| Anmerkungen (Beruhigungsmethoden) | | | | | | | | | | | | | | | | | | | | | | | | | |