

Baby Care Journal



eocco

Welcome to your baby's care journal. We're happy to help you care for your new baby. This journal can help you track your baby's progress on daily activities.



eocco

EASTERN OREGON
COORDINATED CARE
ORGANIZATION

This book belongs to:



(Place photo here)

Date: _____

Wake Time: _____ AM / PM



Feeding

Time		Bottle (oz.)
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	



Tummy time

Start time	End time



Naps

Start time	End time



Diapers

Time	Wet	Dirty
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
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Diapers

Time	Wet	Dirty
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>



Notes:

Date: _____

Wake Time: _____ AM / PM



Feeding

Time		Bottle (oz.)
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	



Tummy time

Start time	End time



Naps

Start time	End time



Diapers

Time	Wet	Dirty
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>



Notes:

Date: _____

Wake Time: _____ AM / PM



Feeding

Time		Bottle (oz.)
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	
	L / R	



Tummy time

Start time	End time



Naps

Start time	End time



Diapers

Time	Wet	Dirty
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>



Notes:



Questions?

Customer Service: 888-788-9821.
(TTY users, please call 711).

Our regular office hours are Monday through
Friday, 7:30 a.m. to 5:30 p.m., Pacific Time.

Email: EOCCOMedical@eocco.com

You also can visit us online at www.eocco.com.

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