FEEDING AND NAPPY LOG FOR MULTIPLES

This chart will help you ensure all of your babies are eating enough during their first few weeks and are not becoming dehydrated. Simply add your baby's name and the date to the top of each table, and log their feeds and changes for the day.

If you find this helpful, please share your thoughts on social media using the hashtag **#PracticalGuidetoTwinsTripletsandMore** and tag me **@TalesofaTwinMum** on Instagram, Twitter and Facebook.

Name:		Date:
TIME	AMOUNT OF FEED/TIME BREASTFED	NAPPY CHANGED: WET/DIRTY

Name:		Date:
TIME	AMOUNT OF FEED/TIME BREASTFED	NAPPY CHANGED: WET/DIRTY

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