alpacto

New Parent Sleep Schedule

Who is up with the baby tonight, who sleeps in tomorrow, and a fair way to swap.

Parent A _____ Parent B _____ Week of _____ Baby's age _____

Our night shifts

Shift 1: from _____ to _____

Shift 2: from _____ to _____

Sleep we protect for each of us, hours in a row _____

Night of	Shift 1	Shift 2	Morning with baby	Sleeps in until	Swap: we both initial	Wake-ups
Mon						
Tue						
Wed						
Thu						
Fri						
Sat						
Sun						

Swaps

Ask for a swap, don't assume one. We both initial the night.

A covered shift is paid back with _____

Shifts covered for the other this week: A _____ B _____

If we're both running on empty, we call _____

Signature _____ Signature _____

Date _____ Date _____

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