THE FOURTH TRIMESTER LOG

Feeding, Sleep, Mood, and Milestone Tracker for New Parents



PRINCE PENMAN

The Fourth Trimester Log

by **Prince Penman**

BOOK DESCRIPTION

The first twelve weeks after birth are called the fourth trimester. Your baby has a tracker. You have a phone full of half-finished notes and a memory getting worse by the day.

The Fourth Trimester Log is the whole-household tracker for those twelve weeks. One page per day. Six blocks: feeds, sleep, diapers, your own mood and energy, a handoff note to the next caregiver, and a line for a moment worth keeping.

Most baby logs record the baby and leave the parent invisible. This one tracks both. Your recovery, your mood, and your sleep debt belong in the same record as your baby's feeds.

Built for exhausted brains: checkbox-first design, one page per day, and a sixty-second standard. A rough page that exists beats a perfect page you never fill in.

Inside:

•84 daily spreads across 12 weeks, plus a two-week review

at the end of every block

•A feeding track, sleep track, mood and recovery track, and milestone archive

•A one-page summary for appointments and caregiver handoffs

•A twelve-week retrospective and a letter to yourself

No promises of a sleeping baby. No one correct way to feed. No judgment. Just a record that will still make sense in six months, when you have forgotten most of this.

For first-time parents, partners, grandparents, night nurses, and anyone who cares for a newborn in the first twelve weeks.

First two lines are load-bearing. Google and Amazon truncate descriptions in search results. The two sentences that will actually be seen are the fourth-trimester keyword sentence and the “your baby has a tracker” hook. Both do work.

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