

BabyFeedingLog User Manual

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<http://www.babyfeedinglog.com>

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Table of Contents

Table of Contents	2
Getting Started	4
Running BabyFeedingLog for the First Time.....	4
First Run: Registration.....	4
First Run: Database Creation	5
First Run: First Run Helper.....	6
First Run: Create Your First Child Record	7
First Run: First Run Helper Complete	8
First Run: All Steps Complete	9
So, What Am I Looking At Here? (The Quick Tour).....	10
The Daily Overview	10
The Family Information Manager.....	12
The Child Information Manager	13
Using BabyFeedingLog	15
Managing Child Records	15
Adding a Child Record	15
Editing a Child Record	17
Removing a Child Record.....	18
The Child Information Manager.....	20
At a Glance	22
The Child Information Section.....	23
Child History: 30 Days	24
Child History: Complete	25
Entering or Changing Liquid Feeds	26
At a Glance -- The Liquid Feeds Tab	27
Usage Convention: Reflux Levels.....	28
Adding a New Liquid Feed Entry.....	29
Editing an Existing Liquid Feed Entry	30
Quick Change: Editing a Reflux Level for a Liquid Feed Entry	31
Deleting a Liquid Feed Entry	32
Entering or Changing Solid Feeds	33
At a Glance -- The Solid Feeds Tab.....	34
Usage Convention: Reflux Levels.....	35
Adding a New Solid Feed Entry	35
Editing an Existing Solid Feed Entry	37
Quick Change: Editing a Reflux Level for a Solid Feed Entry	38
Deleting a Solid Feed Entry	39
Entering or Changing Diaper Logs	40
At a Glance: the Diapers Tab	41
Usage Convention: Diaper Scales	42
Adding a New Diaper Entry	43
Editing an Existing Diaper Entry	44
Quick Change: Editing the Wet or Soil Value of a Diaper Entry	45
Deleting a Diaper Entry	46

Entering or Changing Medication Doses	47
At a Glance: The Medication Tab.....	48
Viewing Doses for a Single Medication	49
Viewing Doses for Multiple Medications.....	50
Adding a New Dose Entry	51
Editing an Existing Dose Entry.....	52
Deleting a Dose Entry.....	53
Entering or Changing Notes.....	54
At a Glance: The Notes Tab	55
Adding a New Note	56
Changing an existing note	57
Deleting a Note.....	58
Entering or Changing Firsts	59
At a Glance: The Firsts Tab.....	59
Adding a New Firsts Entry.....	60
Editing an Existing Firsts Entry	61
Deleting a Firsts Entry	62
Entering or Changing Vitals	63
At a Glance: The Vitals Tab.....	64
Adding a New Vitals Entry.....	65
Editing an Existing Vitals Entry	66
Deleting a Vitals Entry	67
Entering or Changing Vaccination Entries	68
At a Glance: The Firsts Tab.....	68
Adding a New Vaccination Entry.....	69
Editing an Existing Vaccination Entry	70
Deleting a Vaccination Entry	71
Managing the Medication List.....	72
At a Glance: the Medication List	73
Adding a New Medication Entry.....	74
Editing an Existing Medication Entry	75
Removing a Medication Entry.....	76
Managing Solid Food Unit of Measure Conversions	77
At a Glance: The Solid Food Unit Conversion Helper.....	79
Entering a New Food.....	80
Editing an Existing Food Conversion Entry	81
Removing a Food Conversion Entry	83
Performing a Conversion and Using the Results	84
Don't Forget... ..	85
Printing Reports	86
At a Glance: The Reports Chooser	86
Printing a Report.....	87
Getting Help	89
In-Program Help.....	89
Sample Tooltip: On Buttons	89
Sample Tooltip: On a Field.....	90

Getting Started

Running BabyFeedingLog for the First Time

Welcome to BabyFeedingLog, and thank you for your purchase!

In this lesson, we will examine what happens the first time you run BabyFeedingLog and what it means for your future use of the software.

Please note that throughout this manual, actual screen appearance may be different from any displayed screen captures. Such captures may be from earlier or unreleased versions of BabyFeedingLog and may not be completely accurate in their appearance. Some screen captures will be from a Mac, and some from a Windows machine, which means the appearance of some window controls and bordering will be different. However, we do warrant that any highlighted items that are being called to your attention will be accurate in their placement, function and description, and that the overall appearance of BabyFeedingLog will be the same regardless of what kind of computer you are using.

First Run: Registration



The first time you run BabyFeedingLog, the software will ask you for your User Name and Registration Key. These should have been emailed to you within a day or two of purchase.

Just enter the information as instructed on the screen, and note that your Name entry is case-sensitive, while the Registration Key itself is not. The Register button will become available once both values are entered. Click it to proceed.

If you fail to enter a valid name/key pair, BabyFeedingLog will immediately quit and will remain unregistered and, as such, unusable. BabyFeedingLog will not let you use any part of the software without a valid name/key pair.

First Run: Database Creation

After you have successfully registered, BabyFeedingLog will check to see if its database file exists and if not, BabyFeedingLog will create the database for you from scratch. The database file itself is very small and will use up very little hard drive space. Even after 2 years of recorded data for 1 child, you're still likely to have a database file that is smaller than 5MB.

This database file is ABSOLUTLEY ESSENTIAL to BabyFeedingLog's operations. Without it, BabyFeedingLog will not work. As such, it is important for you to know where the database file is and what it is called so that you don't delete it by accident, or if you should ever need to restore it from a backup.

Also note that this database file is copyrighted work and is considered part of "the software" for purposes of your License Agreement and all relevant terms therein.

The file is named "bfl2.db". Where it is stored depends on what operating system you are using:

Windows Vista, Windows 7: %user_directory%/AppData/Roaming/bfl2.db
Windows XP and 2000: %user_directory%/Application Data/bfl2.db
Windows Pre-2000: BabyFeedingLog will likely not run in such old environments.
It is NOT supported for such.

Mac OS X: ~/Library/Preferences/bfl2.dfb

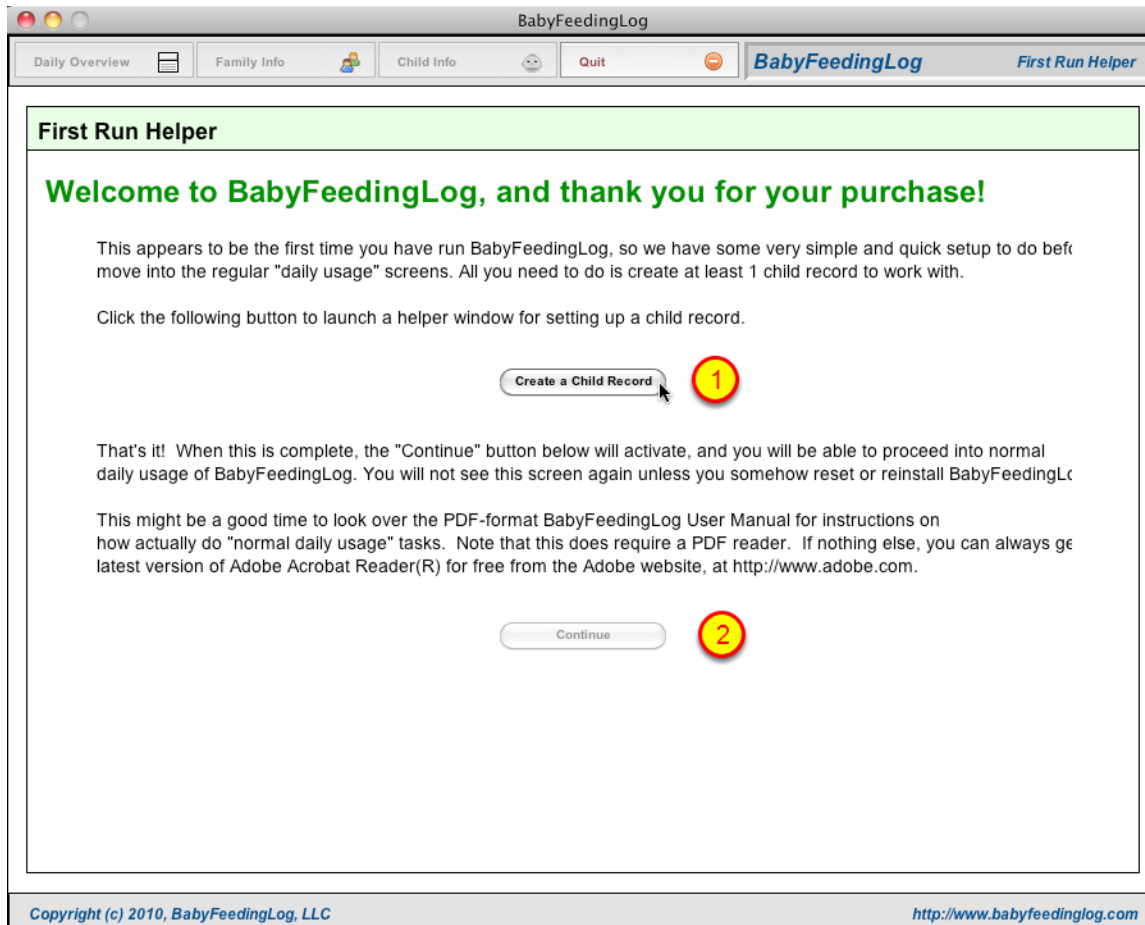
Linux: ~/bfl2.db

Typically, on Windows XP, 2000 and ME, the "%user_directory%" part will mean C:/Documents and Settings/<<username>>, but not always. On Windows Vista and Windows 7, it's been moved to c:/Users/<<username>>. Likewise, on Mac OS X and Linux, the "~" means "your home directory". On Mac OS X, this usually means "Macintosh HD/Users/<<username>>". On Linux, this usually means "/home/<<username>>". Like Windows, though, these locations may not be accurate in every case. These locations will be different on your computer if you have set a custom location for user directories.

In each of these locations will also be a file called "BabyFeedingLog Preferences," which likewise needs to be protected.

Windows and Linux users will also see several files that end in ".qrl" in the same directory as the BabyFeedingLog program. On Macintosh, these files are hidden within the BabyFeedingLog application itself. These "qrl" files are the layouts for the printed reports. Though you do not need them until you try to print a report, it would be wise to protect them as well. They are small and unobtrusive, so there is nothing to be gained by deleting them.

First Run: First Run Helper



Once you have registered and created the initial database file, you will be deposited on the First Run Helper screen. On that screen are some brief instructions and 2 buttons. Only 1 button will be active at a time.

The first button (1) opens a mini-window to create your first child record in BabyFeedingLog. The second button (2) is a simple "continue" button that will not be available until at least 1 child record is on file.

Click the "Create a Child Record" button to proceed.

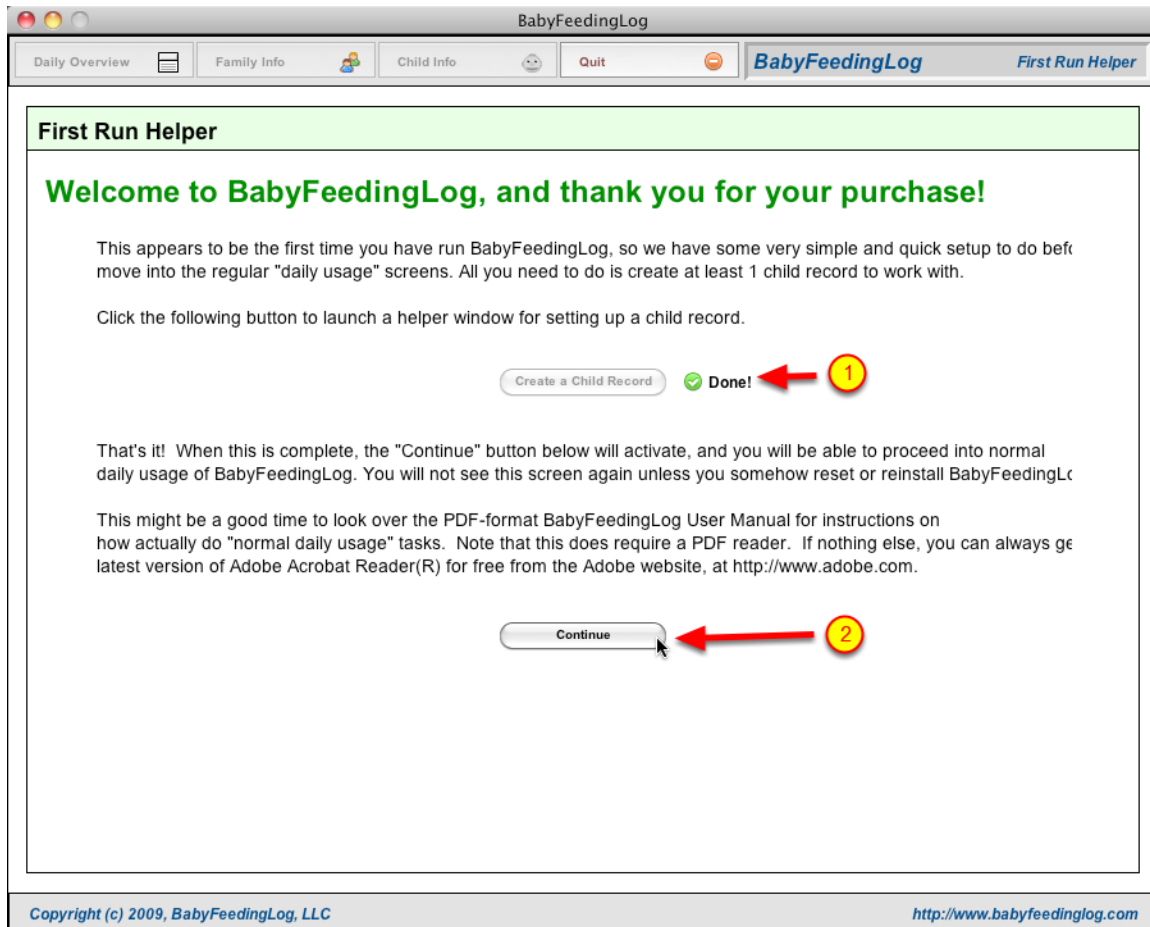
First Run: Create Your First Child Record

This is a simple step. In the new window, which should have opened in the center of your screen, you will be asked to enter/choose the relevant information for creating your first child record. Just enter/choose the information shown in the diagram (1--5) and click the Create Child Record button when you are done.

If you close this window without creating the record, you will be returned to the First Run Helper screen and will be unable to proceed. BabyFeedingLog will not allow you to proceed into normal daily usage until you have at least 1 child record on file.

Note that you can create more than one child record at this time if you need to by simply keeping this window open, changing the child information and clicking the Create button again, repeating as needed. For this documentation, we will assume that you are only creating one child record at this time.

First Run: First Run Helper Complete



Once you have created your first child record, you will be taken back to the First Run Helper screen. The Create a Child Record button will be disabled, and a "Done" message (1) will be shown next to it. The Continue button (2) will now be enabled. Simply click it to proceed.

[illegible]

The (first) child record you just created will be pre-selected for you (1), "today" will be the currently chosen date (2), and you'll start on the Liquid Feeds tab (3). If you have only one child on file, button (1) will be disabled and "greyed out" like the one shown in this screen capture.

So, What Am I Looking At Here? (The Quick Tour)

BabyFeedingLog is composed of 3 main sections, and each main section is typically composed of 3 or 4 subsections. Almost everything in BabyFeedingLog is color-coded for ease of reference.

This section of the manual will take you on a short tour of where everything is in general, without going into specific tasks or functions. Such things are covered in later parts of this manual, each in their own place.

Each time you open BabyFeedingLog, you will be taken to the Daily Overview, also called the "main interface," by default.

The Daily Overview

The screenshot shows the BabyFeedingLog application window. The header bar contains buttons for 'Daily Overview', 'Family Info', 'Child Info', 'Reports', and 'Quit'. The 'Daily Overview' button is highlighted with a red arrow and labeled 'Header button' with a red circle 1. The main content area is divided into four sections: 'Date' (1), 'Child Information' (2), 'Daily Summary' (3), and 'Log Data' (4). The 'Date' section shows a calendar for January 2009, with the 12th selected. The 'Child Information' section shows a dropdown menu for 'Sample Boy' (labeled 'Child Selector button' with a red arrow), birth date (02/08/2008), and historical totals for liquid feeds (932), solid feeds (632), and diaper changes (1185). The 'Daily Summary' section shows a dropdown for 'View Summary As: US (Imperial)' and summary data for liquid feeds (32.0 floc, 6 Count, 5.33 floc, 04:00 hrs Avg Amt, Avg Interval), solid feeds (3.84 oz, 4 Count, 0.96 oz, 06:29 hrs Avg Amt, Avg Interval), and diapers (13 Wets, 3 Soils, 8 Changes, 03:00 hrs Avg Interval). The 'Log Data' section shows a table of feeds (labeled 'Feeds - Liquid' with a red arrow) and an 'Entry Editor' at the bottom. The table has columns for Edit, Time, Amt, Units, Description, Reflux, Interval, and Del. The Entry Editor has fields for Time, Amount, Units, Description, Reflux, and Controls.

Edit	Time	Amt	Units	Description	Reflux	Interval	Del
	4:45 AM	6.0	floc	Formula Brand X		04:50	
	9:00 AM	7.0	floc	Formula Brand X		04:15	
	1:30 PM	1.0	floc	Formula Brand X		04:30	
	4:10 PM	6.0	floc	Formula Brand X		02:40	
	8:30 PM	6.0	floc	Formula Brand X		04:20	
	11:55 PM	6.0	floc	Formula Brand X		03:25	

Time	Amount	Units	Description	Reflux	Controls
		floc		0	

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The Daily Overview, also known as the "main interface," is where you will spend most of your time in BabyFeedingLog. It can be accessed by clicking on the "Daily Overview" button in the header bar.

The Overview has 4 major sections in it, each titled with a mint-green header box. They are:

1. Date -- Used to navigate to different days on the calendar, so that you can log events on the correct date.
2. Child Information -- Contains the name, birthdate, picture and some basic statistics (such as age and total feeds, for example) about the child that is shown in the Child Selector button. The Child Selector button is used to choose which child you want to work with at the moment inside BabyFeedingLog.
3. Daily Summary -- Shows totals, counts and averages for liquid feeds, solid feeds and diapers for the selected child (2) on the selected date (1). The Summary can be viewed in either standard Imperial units of measure (cups, ounces, pounds, etc) or in metric units (g, mg, mL, etc). BabyFeedingLog displays information in Imperial units by default, since that is what most US residents are familiar with.
4. Log Data -- This is the "working area" of BabyFeedingLog. It is where you will enter, view, change and delete your actual logging data about your child; as such, you will be spending most of your time in this section. It has several tabs, one for each classification of logging data to manage: Liquid Feeds, Solid Feeds, Diapers, Medication, and Notes. Use of each of these tabs is covered in later sections of this manual.

The Family Information Manager

Family Information

First Name: John, Last Name: Doe, Phone: 555-555-1212
 Address: 123 Main Street, Email: myemail@domain.com
 City: Mytown, State: ST, Zip: 12345-6789

Registration Information:
 Test Userman
 Registration Name: Test Userman
 Registration Date: 04-21-2010 03:28 AM
 Registration Key: [Redacted]

Data Retention:
☒ Yes ☐ No
 Use Retention Limits?
 Retention Time Limit: 18
 Clear Now

Children on File

Pict	Gen	Name	DoB	Age Days	Age Weeks	Age Months
	F	Sample Girl	08/17/2009	250.0	35.7	8.3
	M	Johnny Test	11/29/2008	511.0	73.0	17.0
	M	Billy Test	07/20/2008	643.0	91.9	21.4
	M	Sample Boy	02/08/2008	806.0	115.2	26.9
	F	Sally Test	09/04/2007	963.0	137.6	32.1

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The Family Information Manager is where you can view, add, edit or remove the information pertaining to the family of the children you are tracking in BabyFeedingLog, or change preferences related to the management of BabyFeedingLog itself. Note that BabyFeedingLog assumes that all of the children you are tracking are in the same family. You will probably not need to visit this screen more than once or twice, and usually only during the initial setup of your copy of BabyFeedingLog. The Family Information Manager can be accessed by clicking on the "Family Info" button in the header bar.

Note that the red bar in the diagram is not part of BabyFeedingLog, but merely a graphic blocking out the Registration Key that was used for this copy of BabyFeedingLog. Your copy will show your Registration Key in this position in a clear, unobfuscated manner.

The Child Information Manager

The screenshot shows the BabyFeedingLog application window. The header bar includes buttons for 'Daily Overview', 'Family Info', 'Child Info' (highlighted with a red arrow and labeled 'Header button'), 'Reports', and 'Quit'. The main interface is divided into several sections:

- Date (1):** A calendar view showing 'Apr 2010' with '24 Sat' selected. Buttons for 'Jump to Today' and 'Jump to...' are present.
- Daily Summary (3):** A section for viewing summary data, currently set to 'US (Imperial)'. It includes input fields for 'Liqud Feeds' (Total, Count, Avg Amt, Avg Interval) and 'Solid Feeds' (Total, Count, Avg Amt, Avg Interval). It also has a 'Diapers' section with 'Wets', 'Soils', 'Changes', and 'Avg Interval' fields.
- Child Information (2):** A section for entering child details. It includes a text field for 'Sample Boy' (First Name), a gender dropdown set to 'm', and a date of birth selector (Month: 02, Day: 08, Year: 2008). There is a photo of a child and buttons for 'Get Picture' and 'Delete Picture'.
- Child History (4):** A section for viewing historical data. It has tabs for 'History: 30 Days', 'History: Complete', 'Firsts', 'Vitals', and 'Vaccinations'. The 'History: Complete' tab is active, showing a 'Historical Summary: Total History' table and a 'Historical Averages: Total History' table.
- History: Complete Data:**

Historical Summary: Total History					
Age in Days:	806	Liquid Feeds:	2534	Med Doses:	670
Age in Weeks:	115	Solid Feeds:	864	Notes:	150
Age in Months:	26	Diaper Changes:	2773		

Historical Averages: Total History					
The data history for this child spans: 554.17 days, or 79.17 weeks, or 18.47 months					
Liquid / Day:	20.14 floz	Solids / Day:	2.09 oz	Diapers / Day:	5
Liquid / Week:	140.97 floz	Solids / Week:	14.63 oz	Diapers / Week:	35.03
Liquid / Mon:	604.14 floz	Solids / Mon:	62.71 oz	Diapers / Mon:	150.12

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The Child Information Manager is where you can view, add, edit or remove the records of the children you wish to track using BabyFeedingLog. It is also used to view detailed statistics about your child, which can be helpful for family budgeting and shopping trip planning. It is further used to track information entries about your child which are not "daily logging" types of events - Firsts, Vital Statistics, and Vaccinations. The Child Information Manager can be accessed by clicking on the "Child Info" button in the header bar.

The Child Information Manager has 4 major sections in it, each titled with a mint-green header box. They are:

1. Date -- Used to navigate to different days on the calendar, so that you can work with data on the correct date.
2. Child Information -- Contains the name, birthdate, gender and picture for the child that is currently selected, with fields and buttons that allow you to change what is listed for the selected child. The buttons in the upper-right of the section (5) allow you to choose which child to work with, to add a new child or delete a child record.

3. Daily Summary -- Shows totals, counts and averages for liquid feeds, solid feeds and diapers for the selected child (2) on the selected date (1). The Summary can be viewed in either standard Imperial units of measure (cups, ounces, pounds, etc) or in metric units (g, mg, mL, etc). BabyFeedingLog displays information in Imperial units by default, since that is what most US residents are familiar with.

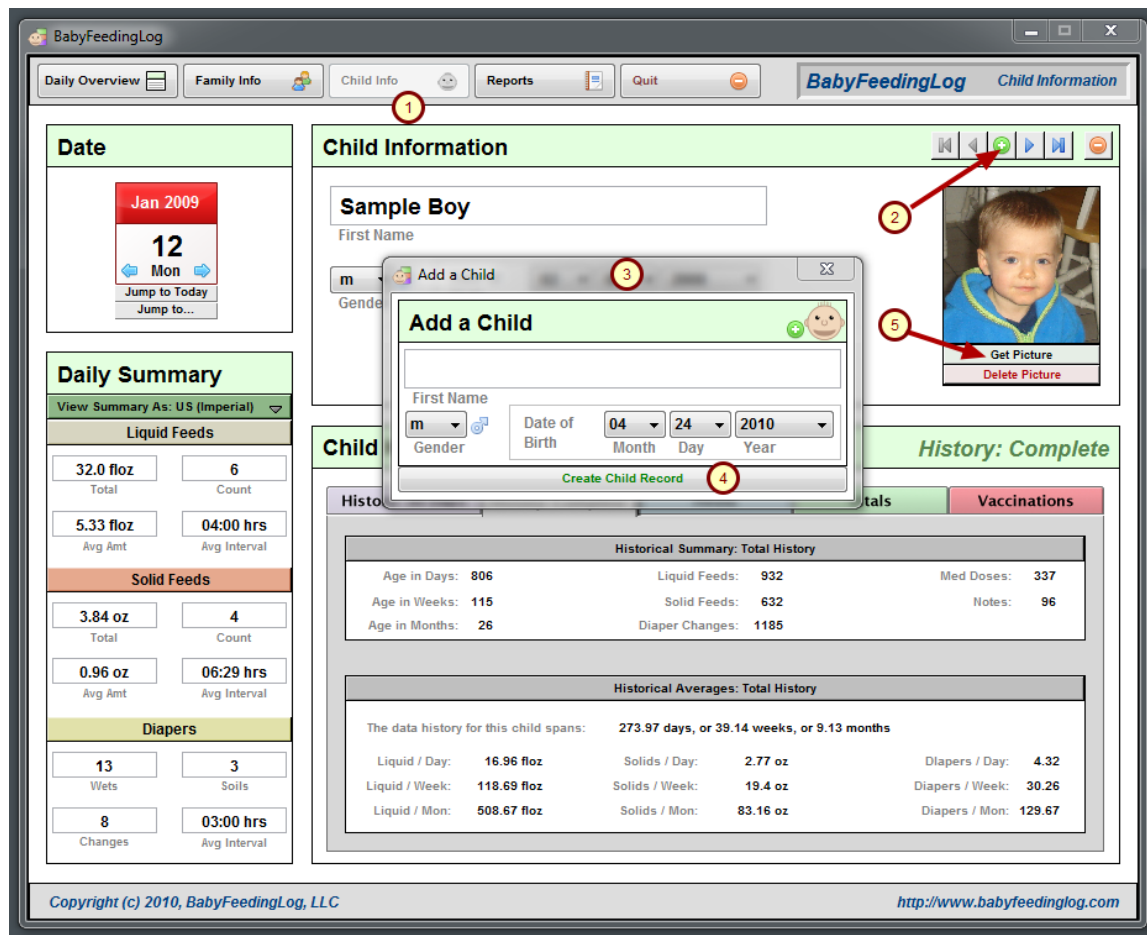
4. Child History - This is a second "working area" in BabyFeedingLog, with 5 available tabs. The first two tabs allow you to view historical statistics about the data you've entered, either for the last 30 days or for the entire data history of the selected child. The latter 3 tabs are used for recording historical information that is not a normal daily occurrence, such as Firsts (first crawl, first word, etc), Vital Statistics measurements (height, weight, etc) which your child's doctor will likely send home with you on a sheet after each checkup, and lastly a tab for recording the selected child's Vaccination history. Use of each of these tabs is covered in more detail in a later section of this manual.

Using BabyFeedingLog

Managing Child Records

In this section, you will learn the simple processes of adding, editing and removing child records from BabyFeedingLog.

Adding a Child Record



To add a child record, first load the Child Information Manager using the "Child Info" button on the header bar (1).

Then click the green "add child" button (2), which will open a new mini-window (3). This new mini-window will ask you for the information associated with the child.

Please note that all fields/menus on the Add a Child mini-window are required to have a value. These fields/menus are labelled on the mini-window. There are only 5 of them, with 3 of them being used for the child's date of birth.

When you have entered a value for each field (or chosen a value for each menu, as appropriate), simply click the "Create Child Record" button at the bottom of the mini-window (4). Once you click that button, the mini-window will close while the new information is recorded. BabyFeedingLog will then switch to the new child's record for you automatically.

If you wish to cancel adding a new child record, simply close the mini-window in the normal way for your operating system. You do not need to click any sort of cancellation button.

Once the child record is created, you can then use the Get Picture button (5) to load a picture of the new child from your computer into BabyFeedingLog. Note that, to get the best appearance of the picture inside BabyFeedingLog, you may need to edit a copy of the picture in your image editor of choice (GIMP, Photoshop, Pixelmator, Acorn - even MS Paint will do) to trim the picture down to a square around the head or face of the child. If you make your picture into a square before using the Get Picture button, it will always look "right" inside BabyFeedingLog.

Editing a Child Record

BabyFeedingLog

Daily Overview | Family Info | Child Info | Reports | Quit

Child Information

1

Sample Boy 2

First Name

m 3

Gender

Date of Birth 02 08 2008 4

Month Day Year

5

Get Picture
Delete Picture

Child History History: Complete

History: 30 Days | History: Complete | Firsts | Vitals | Vaccinations

Historical Summary: Total History

Age in Days: 806	Liquid Feeds: 2534	Med Doses: 670
Age in Weeks: 115	Solid Feeds: 864	Notes: 150
Age in Months: 26	Diaper Changes: 2773	

Historical Averages: Total History

The data history for this child spans: 554.17 days, or 79.17 weeks, or 18.47 months

Liquid / Day: 20.14 floz	Solids / Day: 2.09 oz	Diapers / Day: 5
Liquid / Week: 140.97 floz	Solids / Week: 14.63 oz	Diapers / Week: 35.03
Liquid / Mon: 604.14 floz	Solids / Mon: 62.71 oz	Diapers / Mon: 150.12

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Editing a Child Record is the easiest thing to edit in all of BabyFeedingLog.

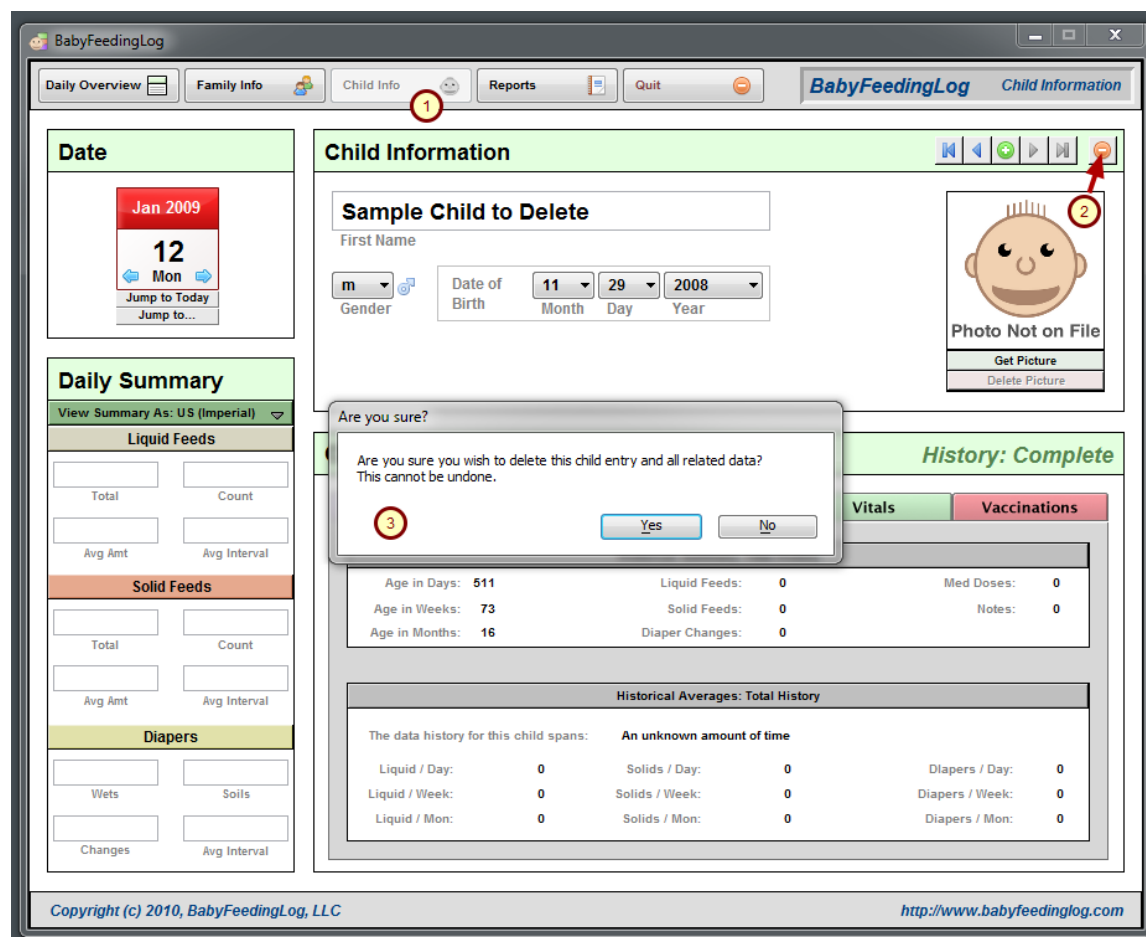
1) Use the navigation buttons to get to the correct child's record, if you aren't already in that record.

2-4) Make changes to these items as required.

5) Click anywhere on the BabyFeedingLog window that it's a button or field to "finalize" the change. The big white area where the (5) is shown in the screenshot would be a good spot for such a click.

(By the way... that area where the (5) is shown is not just dead space. There are messages that may appear there from time to time when certain conditions are met.)

Removing a Child Record



To remove a child record, first load the Child Information Manager using the "Child Info" button on the header bar (1).

Then click the red "delete child" button (2), which will open an alert window asking you to confirm this action (3).

If you confirm that you are deleting the child record intentionally by clicking the "Yes" button, **BabyFeedingLog will immediately delete the child's main record and all log entries in all categories for that child.** BabyFeedingLog will then automatically switch to the record of the first child on file. If you click "No", the confirmation window will close and the action will revert to where you just were.

Deleting a child's record **cannot be undone**, so use this feature with extreme caution, and be sure you are deleting the right record if you have more than one child on file.

If you do accidentally delete the wrong record, there are ways to recover if you are using the "Previous Versions" feature on Windows Vista (or higher), are using Time Machine on a Macintosh or if you have some other backup method in use (Previous Versions and Time Machine are the most likely to get you as close as possible to where you were just before the

accident). Recovering a previous copy in this way will restore BabyFeedingLog to the state it was in at the time of the backup, so you would need to re-do any actions inside BabyFeedingLog that you have taken since the backup was made. Usage of these various backup methods is not covered here, and should be addressed to the backup software's maker.

The Child Information Manager

The Child Information Manager is used to enter, change or view the records of any child you wish to track using BabyFeedingLog. This means information about *the child*, not information about *what the child consumes*.

Some parts of the Child Information Manager are quite similar to the Daily Overview, which are described in the following sections. Additionally, the Child Information Manager displays a great deal of statistical data and analysis based on the logging you have entered for any given child.

This analysis can help you in many ways. Perhaps the most important way is in family budgeting. For example, by reviewing the Historical Totals and Averages for the last 30 days, you can make a more intelligent estimate of how much formula and how many diapers you are going to need in the next 30 days. You can then turn those estimates into dollar amounts by comparing the numbers you've developed with the quantities shown on the cans of formula or on the diaper boxes and the prices thereof.

Here is a practical example.

Our sample child shown in the "At a Glance" section in this chapter is a 14-month-old boy. We can see that in the last 30 days he has had 704.5 fluid ounces of formula and used 199 diapers, which at that time were the "size 4" of a popular national brand. His formula is also a popular national "major name" brand.

The brand of his formula will make approximately 168 fluid ounces per large canister, at a cost of \$22.95 per canister. $(704.5 / 168) = \text{about } 4.2$ cans of formula, so we'd have to buy 5 cans in actuality.

$(5 \text{ cans} * \$22.95/\text{can}) = \114.75 dollars on formula in the last 30 days. Therefore, I should probably budget for something close to that number -- maybe more or less depending on the child's anticipated growth spurts, changes in eating habits, etc. This also tells me that if I switch to the similarly-sized, equivalent "store brand" of formula at \$15 per can, I will only have to spend \$75/month on formula, a savings of almost \$40. If I'm on a tight budget, that might be a serious consideration. Forty dollars a month may not sound like much, but you can get a fair amount of extra groceries with it, or more gas for the car, etc... or just save it altogether.

We also can see with these numbers that we will be using $(5 / 4) = 1.2$ cans of formula per week, which is 1 can every 5-6 days (closer to 6). This allows you to plan your shopping a little better, especially if you can't afford (or don't want) to buy a whole month's supply at once.

Similarly, the boxes of his diaper brand in "size 4" contain 92 diapers for about \$20/box. He used 199 diapers. $(199 / 92) = 2.16$ boxes of diapers, so either 3 boxes with carryover into next month, or 2 boxes and a small plastic-wrap package of 20 diapers. We will assume that we had 0.16 boxes of diapers in that size carried over from the previous month, so we will budget for 2 boxes, which at \$20 apiece would be \$40. Or, I could budget for exactly 2.16 boxes at \$20

each, which would be \$43.20; round it up to \$45 per month. I also know that I'm going to need to get 1 box of diapers every 2 weeks or so.

With these simple calculations, I've helped to plan out my shopping a little better, for I know roughly how often I'm going to need to get more formula or diapers. I have also accounted for $(\$40 + \$114.75) = \$154.75$ in my family budget for the next 30 days, which I can be sure is an accurate number so long as I'm sure I've been logging properly in BabyFeedingLog. Allocating \$160 or \$165 would be a safe bet given these starting numbers, to cover oddball purchases of small, "patch" amounts (on those late night runs to the drug store when you ran out of diapers), or for sales taxes not accounted for in the above calculations, etc.

All you would need to do is use your own numbers on how many ounces of formula that 1 can will make, how much a can costs, and similar information on your child's current diaper size to develop your own budgeting and shopping schedule estimates.

Here is another practical example of using the statistical analysis to help you make life a little easier.

Staying with the same sample 14-month-old child, we can see that in the last 30 days he has consumed an average of about 23 and a half fluid ounces of formula per day and almost 7 diapers per day. Thus, in each 24-hour period for this child at this point in his life, we know that we'll likely have to boil up, cool and store 25-32 fluid ounces of water, plus make sure we have 7--10 diapers and at least 12-16 "scoops" of formula on hand (given the typical ratio of 1 scoop per 2 ounces of water. Your brand may vary, so always use the ratio listed on the formula's original container and not the ratio listed here). Knowing these estimates makes for a simple, easy chore at the end of the day: boil up enough water for the next day, put it in properly sterilized, sealed containers and allow it to cool overnight, and then take a peek into the formula can to see if you have enough for the next day or two. When you wake up the next day, you'll know that you're set for formula and diapers for that day - or that you'll need to make an early grocery run!

At a Glance

The screenshot displays the BabyFeedingLog application window. The interface is divided into several sections, with numbered callouts (1-5) highlighting specific areas:

- 1** Header bar: Contains navigation tabs like 'Daily Overview', 'Family Info', 'Child Info', 'Reports', and the application name 'BabyFeedingLog'.
- 2** Date navigator: A calendar view showing 'Apr 2009' and '09 Thu'.
- 3** Daily Summary: A section for tracking feeding and diaper data, including 'Liquid Feeds' (22.5 floz Total, 5 Count) and 'Solid Feeds' (2.28 oz Total, 2 Count).
- 4** Child Information: A section for entering child details, including 'First Name' (Sample Boy), 'Gender' (m), and 'Date of Birth' (02/08/2008).
- 5** Child History: A section for viewing historical data, including 'History: 30 Days' and 'History: Complete'.

The 'Child History' section displays 'Historical Totals: Last 30 Days' and 'Historical Averages: Last 30 Days'.

Historical Totals: Last 30 Days			
Liquid Count: 147	Liquid Amt: 704.5 floz	Diapers: 199	
Solid Count: 137	Solid Amt: 97.48 oz		

Historical Averages: Last 30 Days			
Liquid Amt / Day: 23.48 floz	Liquid Ct / Day: 4.9	Liquid / Week: 176.13 floz	
Solid Amt / Day: 3.25 oz	Solid Ct / Day: 4.57	Solids / Week: 24.37 oz	
	Diapers / Day: 6.63	Diapers / Week: 49.75	

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The Child Information Manager consists of 4 major sections:

- 1) The header bar
- 2) The Date navigator
- 3) The Daily Summary
- 4) The Child Information Section
- 5) The Child History log

Instructions on using sections 1-3 are covered in other parts of this manual (in the What am I Looking At Here? section). We will focus only on parts of #4, the Child History log.

The Child Information Section

The screenshot shows the 'Child Information' section of the BabyFeedingLog application. At the top is a green header bar with the title 'Child Information' and a set of navigation buttons (1). Below the header, there is a text input field for the child's 'First Name' which contains the text 'Sample Boy' (2). To the left of the date fields is a 'Gender' dropdown menu currently set to 'm' (3). To the right of the gender is a 'Date of Birth' section with three dropdown menus for 'Month' (02), 'Day' (08), and 'Year' (2008) (4). On the right side of the form is a photo area (5) displaying a picture of a young child. Below the photo are two buttons: 'Get Picture' and 'Delete Picture'.

The Child Information section has several important items in it that you can use to add, view, edit or remove children's records from BabyFeedingLog.

1) These buttons navigate from child to child and include 2 special buttons which are used to add a new child (+) or remove a child (-). The button order is: Jump to First, Previous, New Child, Next, Jump to Last, Delete Child Entry. The Add and Remove functions are covered in the next section of this manual.

2) The child's First Name. Simply click in this field, enter a name and click out in the big white area in the middle to change the child's name in BabyFeedingLog. Note that you do not have to restrict yourself to just the first name. In typical family usage, the first name is enough. However, if you are running a daycare or a babysitting service, you would probably want to enter the child's first name (or first initial) and last name.

3) The child's gender (male or female).

4) The child's date of birth in standard US date format (month/day/year).

5) The child's picture and control buttons to add/change or remove a picture. If no picture has been added, a default "Photo Not on File" image will be displayed. The Get Picture button is used to add a new picture to a child whose record hasn't had one before, OR to change the picture for the child (for example, change to a recent photo each month as the child grows).

Child History: 30 Days

Child History

History: 30 Days

History: 30 Days

History: Complete

Firsts

Vitals

Vaccinations

Historical Totals: Last 30 Days

Liquid Count: 147

Liquid Amt: 704.5 floz

Diapers: 199

Solid Count: 137

Solid Amt: 97.48 oz

Historical Averages: Last 30 Days

Liquid Amt / Day: 23.48 floz

Liquid Ct / Day: 4.9

Liquid / Week: 176.13 floz

Solid Amt / Day: 3.25 oz

Solid Ct / Day: 4.57

Solids / Week: 24.37 oz

Diapers / Day: 6.63

Diapers / Week: 49.75

In the Child History section there are 5 tabs, just as in the Daily Overview area. However, the tabs in the Child History cover records which are "long-term" and not daily events. The first two tabs will be covered in this part of the manual. The final 3 tabs each have their own section in a later part of the manual.

The first of these is the History: 30 Days tab. As you may have guessed, this tab will show you statistical analysis of the daily log entries you've made for the selected child. It is composed of an upper and lower section.

The upper section will display TOTALS, while the lower section displays AVERAGES. Both sections will display their numbers in Imperial units, rounded to 2 decimal places where appropriate.

Each section will show you the totals/averages for 3 kinds of data: Liquid Feeds, Solid Feeds, and Diapers. The averages are broken down into X amount per day, X count per day and X amount per week. As mentioned in the preface of this chapter, this information can be extremely helpful with family budgeting if you have made accurate entries in the Daily Overview.

Child History: Complete

Child History

History: Complete

History: 30 Days

History: Complete

Firsts

Vitals

Vaccinations

Historical Summary: Total History

Age in Days: 426

Liquid Feeds: 932

Med Doses: 337

Age in Weeks: 61

Solid Feeds: 632

Notes: 96

Age in Months: 14

Diaper Changes: 1185

Historical Averages: Total History

The data history for this child spans: 273.97 days, or 39.14 weeks, or 9.13 months

Liquid / Day: 16.96 floz

Solids / Day: 2.77 oz

Diapers / Day: 4.32

Liquid / Week: 118.69 floz

Solids / Week: 19.4 oz

Diapers / Week: 30.26

Liquid / Mon: 508.67 floz

Solids / Mon: 83.16 oz

Diapers / Mon: 129.67

The History: Complete tab will show you grand totals and averages for the entire data history of the selected child. This information is mostly for info-tainment value... it will not help you very much in family budgeting or grocery planning. It can, however, provide a check for you to ensure that BabyFeedingLog itself is operating correctly.

Note that if you have any gaps in your daily logging, these numbers will become less accurate.

Entering or Changing Liquid Feeds

In this lesson you will learn how to use the Liquid Feeds tab of the main interface to enter, view, change or remove liquid feed entries. The Liquid Feeds tab is color-coded in a light taupe / sand color.

In BabyFeedingLog, a "liquid feed" is any feed which is a liquid and not a medication. This includes not only formula, pumped breastmilk and the like, but also electrolyte drinks such as Pedialyte™, fruit juices and water.

Liquid feeds, along with Diapers and Medication, is a primary focus of BabyFeedingLog and as such is important to know how to use correctly. Usage is easy, especially after seeing this short lesson.

Note that the usage of this tab is really only applicable to either formula-fed babies, or to babies that have "graduated" to 2nd-stage formula or cow's milk. Breast-fed babies would be almost impossible to track here unless all of the breastmilk happened to be first expressed into bottles and then fed to the child, which would be extremely cumbersome. We cannot recommend that you attempt to track the liquid feeds of breast-fed babies, as the data will likely be extremely innacurate and will not be of any value for the monitoring of trends. You could, however, use it to track non-milk liquids if you like, such as electrolyte drinks, fruit juices, water, etc.

At a Glance -- The Liquid Feeds Tab

Daily Summary

View Summary As: US (Imperial)

Liquid Feeds

30.5 floz Total
5.08 floz Avg Amt
6 Count
04:00 hrs Avg Interval

Solid Feeds

6.98 oz Total
1.4 oz Avg Amt
5 Count
05:28 hrs Avg Interval

Diapers

12 Wets
8 Changes
1 Soils
03:09 hrs Avg Interval

Log Data

Feeds - Liquid

Edit	Time	Amt	Units	Description	Reflux	Interval	Del
	5:10 AM	6.0	floz	Formula Brand X		05:15	
	9:00 AM	4.0	floz	Formula Brand X		03:50	
	1:35 PM	7.0	floz	Formula Brand X		04:35	
	5:15 PM	6.5	floz	Formula Brand X		03:40	
	7:00 PM	1.0	floz	Formula Brand X		01:45	
	11:55 PM	6.0	floz	Formula Brand X		04:55	

Entry Editor

Time Amount Units Description Reflux Controls

0 floz 0

The "Feeds - Liquid" tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing the time (2), amount (3), type (4) and reflux level (5) of each liquid feed that you enter. It will also show you the interval in (hours:minutes) format since the previous feed (6).

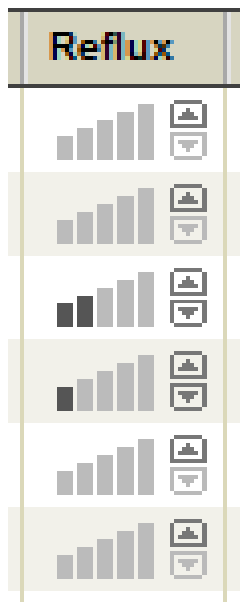
Tip: Always enter the time that the feed **started**, not the time that it ended or any time in between.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (7). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps.

Finally, the totals, averages and the count of liquid feeds for the currently chosen child on the currently chosen date are all shown to the left of the tab in the Daily Summary section (8). It is placed there, outside the feeds tab, so that you can reference this information no matter what part of BabyFeedingLog you are working with at the moment.

Usage Convention: Reflux Levels



"Reflux" is the amount of regurgitation (or, in common parlance, "spit up") that occurred in the time between when the current feed started and the start of the next feed; it is a cumulative value for the entire interval. Reflux is tracked because it can be an indicator of digestive problems such as allergies, lactose intolerance or protein sensitivity, among other possible issues. It can also be an indicator of illness. Finally, persistent reflux will cause acid burns to your child's esophagus and, if left untreated, can cause serious digestive problems and put your child in much pain. **Always seek the advice of your child's health care provider regarding your child's reflux levels, no matter how large or small the amounts may be.**

In BabyFeedingLog, reflux is measured on a scale of 0-5, and is shown using a bar scale with 5 bars in it that can be active (dark) or inactive (light), similar to bar scales found on cell phones and other wireless communications devices. These can be seen in the 3rd and 4th entries shown in the picture at left, where the 3rd entry shows 2 active bars on the scale, and the 4th entry shows just 1 active bar. These indicate relatively minor reflux events.

The 0-5 ratings correspond to the rough meanings shown below. Deciding what level to choose is largely subjective and is entirely up to you; just be consistent about your choices and the reflux entries will be more reliable indicators. Chances are that most of your entries of reflux will be from 0 to 2, which is normal for most babies.

0: No reflux

1: Tiny amount of reflux. A barely-wet burp with a drop or two of liquid coming from the mouth.

2: Small amount of reflux. This is an ordinary wet burp that may contain up to 1 whole mouthful of regurgitated liquid.

3: Large amount of reflux. This is an inordinary wet burp that contains 2-4 mouthfuls of regurgitated liquid.

4: Minor vomiting. This value is reserved for when your child vomits more than a couple mouthfuls of liquid but less than half of the total feed amount, usually in one projectile vomiting event.

5: Major vomiting. This value is reserved for when your child vomits at least half or more of the feed, usually in one large projectile vomiting event or a quick series of smaller regurgitations.

Adding a New Liquid Feed Entry

To add a new liquid feed entry, first go to the "Feeds - Liquid" tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are making an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

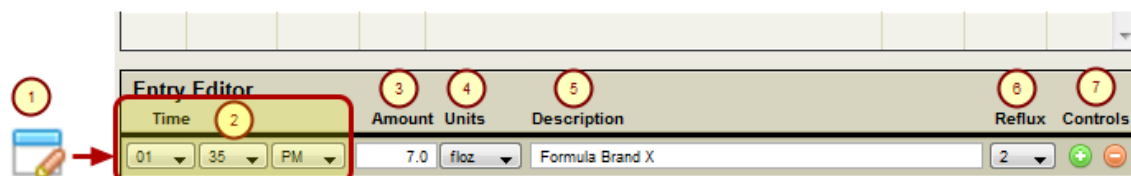
1. Enter the time that the feed started using the 3 pull-down menus at the left end of the Entry Editor (1). The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
2. Enter the amount that was consumed, INCLUDING any that was later lost to reflux, but do not include any amount left over in the bottle. Enter only the number itself, not the units of measure in the Amount field. The units will be chosen in the next field.
3. Use the Units pull-down menu to choose the units of measure for the amount you've entered. This defaults to fluid ounces (floz).
4. Enter the Description of the liquid. This will usually be a brand and variety of formula. Also indicate anything you added to the bottle, such as a quantity of rice, extra water, etc.
5. Choose a Reflux level, 0-5, using the provided pull-down menu and based on the definition of these values provided in the previous section, titled "Usage Convention: Reflux Levels."
6. When all fields are complete and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline. The totals, averages and feed count in the Daily Summary (and other statistics inside BabyFeedingLog) will be adjusted as well, to account for the new entry.

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Liquid Feed Entry



To edit an existing liquid feed entry, first go to the "Feeds - Liquid" tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are editing an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

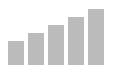




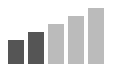



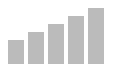

When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one day to another, you must create a new entry on the new date and delete the old entry on the old date.

- 2 through 6: use these fields and menus to adjust the information about your entry as needed.

- 7: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all statistical data will be updated to reflect the change, and all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

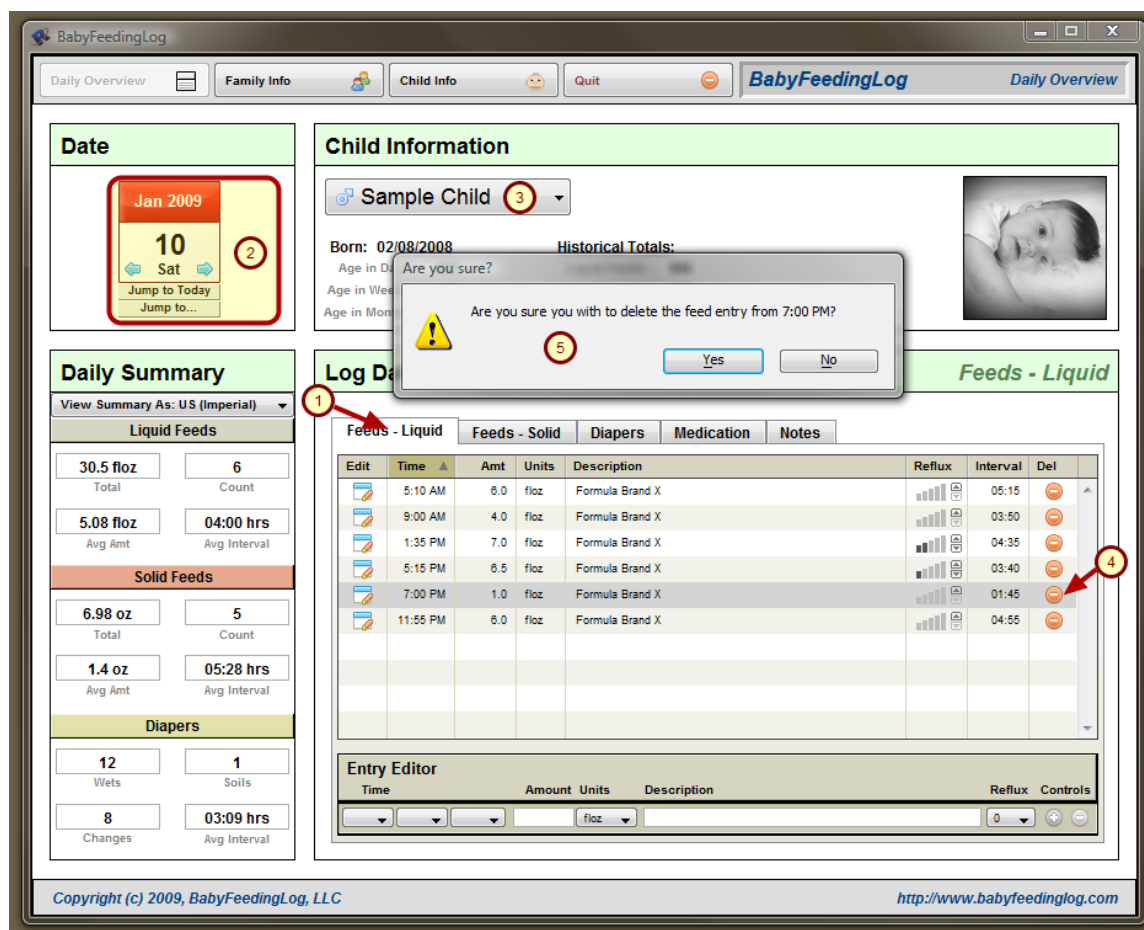
Quick Change: Editing a Reflux Level for a Liquid Feed Entry

Reflux	Interval	Del	
	05:15		
	04:15		
	04:35		
	01:45		
	04:55		

Reflux levels can be changed without going through the full Entry Editor. This is done by clicking the up (1) or down (2) arrows to the right of the bar-scale in the reflux column. Note that each arrow will disable itself if you can't go further in that direction based on the current entry. For example, an entry of "no bars" will have the down arrow disabled, while an entry of "all bars" will have the up arrow disabled. A disabled down arrow can be seen in the above picture for rows 1, 2, 5 and 6.

Why would you want to change a reflux entry? Remember that the reflux entry is a cumulative value that is measured from the start of "this" feed until the beginning of the next. Therefore, if your child spits up a bit during the feed, and then a little more half an hour later, you would need to adjust your reflux entry to match. Or if you decide that the reflux level wasn't really as high as you initially entered, you can use the down arrow button to quickly adjust the reflux entry downward.

Deleting a Liquid Feed Entry



To delete an existing liquid feed entry, first go to the "Feeds - Liquid" tab of the Daily Overview (1). Next, use the Date section in the upper-left (2) to ensure that you are removing an entry for the correct day, adjusting as necessary. Then use the child selector (3) to ensure that you are looking at data for the correct child, again adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (4). BabyFeedingLog will then ask you if you are sure (5). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list and adjust all statistical data to account for the change.

Entering or Changing Solid Feeds

In this lesson you will learn how to use the Solid Feeds tab of the main interface to enter, view, change or remove solid feed entries. The Solid Feeds tab is color-coded in coral.

In BabyFeedingLog, a "solid feed" is any food your child eats which is not formula or milk of any kind, not a juice or electrolyte drink, not water and not a medication; however, many of these liquids may be used as an ingredient in the solid food. A common example would be infant cereal, which often uses formula or milk as the liquid base, though water can be used instead.

Usage of this tab should be applicable to all children tracked with BabyFeedingLog, regardless of whether they are formula- or breast-fed for liquid feeds. However, sometimes tracking and accurately measuring solid food amounts can be tricky, especially for homemade solid foods. BabyFeedingLog does contain a helper screen that should aid you in determining accurate measures for many kinds of solid foods.

At a Glance -- The Solid Feeds Tab

Daily Summary

View Summary As: US (Imperial)

Liquid Feeds

31.0 floz Total
5 Count

6.2 floz Avg Amt
04:53 hrs Avg Interval

Solid Feeds

6.26 oz Total
5 Count

1.25 oz Avg Amt
05:23 hrs Avg Interval

Diapers

8 Wets
2 Soils

7 Changes
03:30 hrs Avg Interval

Log Data *Feeds - Solid*

Feeds - Liquid Feeds - Solid Diapers Medication Notes

Edit	Time	Amt	Units	Description	Reflux	Interval	Del
	9:10 AM	10.0	g	organic-brand oatmeal + mixed grain		14:50	
	1:30 PM	95.0	g	Mega-Brand Turkey Rice dinner		04:20	
	7:00 PM	18.0	g	Mega-Brand Turkey Rice dinner		05:30	
	7:30 PM	49.5	g	Peach cobbler		00:30	
	9:15 PM	5.0	g	organic-brand oatmeal		01:45	

Entry Editor

Time Amt Units Description Reflux Controls

The "Feeds - Solid" tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing the time (2), amount (3), type (4) and reflux level (5) of each solid feed that you enter. It will also show you the interval in (hours:minutes) format since the previous feed (6).

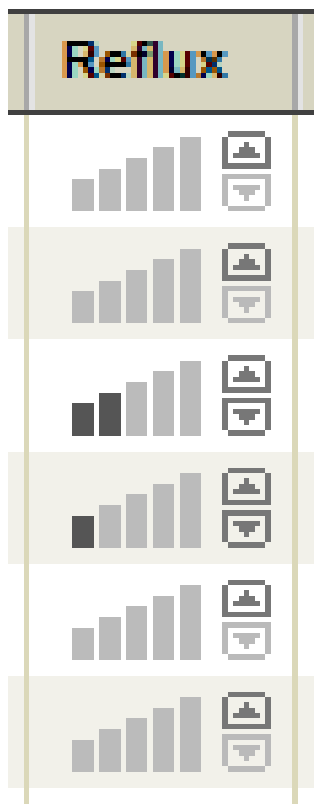
Tip: Always enter the time that the feed **started**, not the time that it ended or any time in between.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (7). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps. Contained within the Entry Editor there is also a link to the Solid Food Unit Conversion Manager screen (8).

Finally, the totals, averages and the count of solid feeds for the currently chosen child on the currently chosen date are all shown to the left of the tab in the Daily Summary section (9). It is placed there, outside the feeds tab, so that you can reference this information no matter what part of BabyFeedingLog you are working with at the moment.

Usage Convention: Reflux Levels



"Reflux" is the amount of regurgitation (or, in common parlance, "spit up") that occurred in the time between when the current feed started and the start of the next feed; it is a cumulative value for the entire interval. Reflux is tracked because it can be an indicator of digestive problems such as allergies, lactose intolerance or protein sensitivity, among other possible issues. It can also be an indicator of illness. Finally, persistent reflux will cause acid burns to your child's esophagus and, if left untreated, can cause serious digestive problems and put your child in much pain. **Always seek the advice of your child's health care provider regarding your child's reflux levels, no matter how large or small the amounts may be.**

Please reference the Reflux Levels section in the Liquid Feeds chapter for a detailed explanation of Reflux Levels and how to use them. Note that by the time your child is eating solids regularly, reflux is likely to be much less common than when your child was a newborn. However, your child may still have a fair amount of reflux, depending on many factors. As stated previously, **always seek the advice of your child's health care provider regarding your child's reflux levels, no matter how large or small the amounts may be.**

Adding a New Solid Feed Entry

To add a new solid feed entry, first go to the "Feeds - Solid" tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are making an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Enter the time that the feed started using the 3 pull-down menus at the left end of the Entry Editor (1). The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
2. Enter the amount that was consumed, INCLUDING any that was later lost to reflux, but do not include any amount left over on plates, in containers, etc. Enter only the number itself, not the units of measure in the Amount field. The units will be chosen in the next field.

3. Use the Units pull-down menu to choose the units of measure for the amount you've entered. This defaults to grams (g). Note that you may need to use the Solid Foods Unit Converter to help you arrive at an amount expressed in grams.

4. Enter the Description of the food. Also indicate anything you added to it that is of any significance, such as various spices, extra water, etc.

5. Choose a Reflux level, 0-5, using the provided pull-down menu and based on the definition of these values provided in the previous section, titled "Usage Convention: Reflux Levels."

6. When all fields are complete and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline. The totals, averages and feed count in the Daily Summary (and other statistics inside BabyFeedingLog) will be adjusted as well, to account for the new entry.

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Solid Feed Entry

The screenshot shows the 'Entry Editor' window. A red box highlights the 'Edit' button (1) and the 'Time' field (2). The 'Time' field is set to 07:00 PM. The 'Amount' field (3) is 18.0, and the 'Units' field (4) is 'g'. The 'Description' field (5) contains 'Mega-Brand Turkey Rice dinner'. The 'Reflux' field (6) is 0, and the 'Controls' field (7) has a green plus button and a red minus button.

To edit an existing liquid feed entry, first go to the "Feeds - Solid" tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are editing an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

















When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one day to another, you must create a new entry on the new date and delete the old entry on the old date.

- 2 through 6: use these fields and menus to adjust the information about your entry as needed.

- 7: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all statistical data will be updated to reflect the change, and all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

Quick Change: Editing a Reflux Level for a Solid Feed Entry

Reflux	Interval	Del	
 	14:50		
 	04:20		
 	05:30		
 	02:30		
 	01:45		

Reflux levels can be changed without going through the full Entry Editor. This is done by clicking the up (1) or down (2) arrows to the right of the bar-scale in the reflux column. Note that each arrow will disable itself if you can't go further in that direction based on the current entry. For example, an entry of "no bars" will have the down arrow disabled, while an entry of "all bars" will have the up arrow disabled. An example of a disabled down arrow can be seen in the above picture for all rows.

Why would you want to change a reflux entry? Remember that the reflux entry is a cumulative value that is measured from the start of "this" feed until the beginning of the next. Therefore, if your child spits up a bit during the feed, and then a little more half an hour later, you would need to adjust your reflux entry to match. Or if you decide that the reflux level wasn't really as high as you initially entered, you can use the down arrow button to quickly adjust the reflux entry downward.

Deleting a Solid Feed Entry

The screenshot shows the BabyFeedingLog application window. The top navigation bar includes 'Daily Overview', 'Family Info', 'Child Info', and 'Quit'. The main content area is divided into several sections:

- Date:** A calendar view showing January 14, 2009 (Wednesday). A red circle with the number 2 is around the date.
- Child Information:** A dropdown menu showing 'Sample Child' with a red circle and the number 3 next to it.
- Feeds - Solid:** A tab labeled 'Feeds - Solid' with a red circle and the number 1 next to it. Below it is a table of feed entries.
- Table of Feed Entries:**

Edit	Time	Amt	Units	Description	Reflux	Interval	Del
	9:10 AM	10.0	g	organic-brand oatmeal + mixed grain		14:50	-
	1:30 PM	95.0	g	Mega-Brand Turkey Rice dinner		04:20	-
	7:00 PM	18.0	g	Mega-Brand Turkey Rice dinner		05:30	-
	7:30 PM	49.5	g	Peach cobbler		00:30	-
	9:15 PM	5.0	g	organic-brand oatmeal		01:45	-
- Confirmation Dialog:** A dialog box with a yellow warning icon and the text 'Are you sure you wish to delete the feed entry from 7:00 PM?'. It has 'Yes' and 'No' buttons. A red circle with the number 5 is around the dialog.
- Red Minus Button:** A red arrow points to a red minus button in the 'Del' column of the table row for the 7:00 PM entry. A red circle with the number 4 is around this button.

The bottom of the window shows the copyright notice 'Copyright (c) 2009, BabyFeedingLog, LLC' and the website 'http://www.babyfeedinglog.com'.

To delete an existing solid feed entry, first go to the "Feeds - Solid" tab of the Daily Overview (1). Next, use the Date section in the upper-left (2) to ensure that you are removing an entry for the correct day, adjusting as necessary. Then use the child selector (3) to ensure that you are looking at data for the correct child, again adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (4). BabyFeedingLog will then ask you if you are sure (5). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list and adjust all statistical data to account for the change.

Entering or Changing Diaper Logs

In this lesson you will learn how to use the Diapers tab of the main interface to enter, view, change or remove diaper entries. The Diapers tab is color coded as light yellow.

In BabyFeedingLog, diapers are recorded at each change. At that time, you make a determination as to how full the diaper is in terms of both urine (wets) and feces (soils). As with other areas of BabyFeedingLog, these diaper fullness levels are measured on a scale of 0-5.

Diapers, along with Liquid Feeds and Medication, is a primary focus of BabyFeedingLog and as such is important to know how to use correctly. Usage is easy, especially after seeing this short lesson.

The tracking of diapers is important because it gives you a lot of information about your child's hydration level and overall health. Plenty of wet and soiled diapers is always desired, and the degree of diaper activity will likely be an early question by your child's doctor at any given visit. Additionally, when diaper information is combined with information you've entered about the child's intake, you can get a good idea of whether or not something is wrong. For example, much food and liquid intake without much diaper activity, or lots of diaper activity without much food intake are both indicators of possible problems which should be taken up with your child's doctor as soon as possible.

At a Glance: the Diapers Tab

Daily Summary

View Summary As: US (Imperial)

Liquid Feeds

32.0 floz Total
5.33 floz Avg Amt
6 Count
04:00 hrs Avg Interval

Solid Feeds

3.84 oz Total
0.96 oz Avg Amt
4 Count
06:29 hrs Avg Interval

Diapers

13 Wets
8 Changes
3 Soils
03:00 hrs Avg Interval

Log Data *Diapers*

Feeds - Liquid Feeds - Solid **Diapers** Medication Notes

Edit	Time	Wets	Soils	Change Interval	Del
	3:00 AM	3	0	03:15	
	8:30 AM	2	0	05:30	
	9:40 AM	1	1	01:10	
	12:50 PM	1	0	03:10	
	3:15 PM	1	0	02:25	
	4:45 PM	2	0	01:30	
	7:00 PM	1	2	02:15	
	11:45 PM	2	0	04:45	

Entry Editor

Time Wets Soils Controls

















The Diapers tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing the time (2), Wets level (3), Soils level (4) and change interval since the last entry (5), in (hours:minutes) format.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (6). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps.

Finally, the totals, averages and the count of diapers for the currently chosen child on the currently chosen date are all shown to the left of the tab in the Daily Summary section (7). It is placed there, outside the feeds tab, so that you can reference this information no matter what part of BabyFeedingLog you are working with at the moment.

Usage Convention: Diaper Scales

Wets	Soils
3 	0 
2 	0 
1 	1 
1 	0 
1 	0 
2 	0 
1 	2 
2 	0 

In BabyFeedingLog, the "fullness level" of a diaper, for both wets and soils, is measured on a scale of 0-5 at the time the diaper is changed. These are shown using a bar scale composed of 5 bars that can be active (dark) or inactive (light), and also show the actual number. The scale is provided for a fast visual reference.

The 0-5 ratings correspond to the rough meanings shown below. Deciding what level to choose is largely subjective and is entirely up to you; just be consistent about your choices and the diaper entries will be more reliable indicators. Chances are that most of your entries of wets will be 1-3, and most soils entries will be 0-2.

Wets

- 0: Not wet
- 1: just enough to count as a wet
- 2: A normal wet amount
- 3: A bit heavier than 2 but not yet a "full" diaper
- 4: The maximum amount the diaper will hold (a "full" diaper)
- 5: A "full" diaper PLUS the child urinated while the diaper was being changed.

Soils

- 0: Not soiled
- 1: just enough to count as a soil
(more than just "dirty wind")
- 2: A normal soil amount: 2 or 3 good pushes
- 3: A bit heavier than 2 but not yet a "full" diaper
- 4: The maximum amount the diaper will hold (a "full" diaper)
- 5: A "full" diaper PLUS the child defocused while the diaper was being changed.

Adding a New Diaper Entry

The screenshot shows the 'Entry Editor' interface. It has a title bar 'Entry Editor' and four main sections: 'Time', 'Wets', 'Soils', and 'Controls'. The 'Time' section contains three pull-down menus: '02', '35', and 'PM'. The 'Wets' section contains a pull-down menu with '2'. The 'Soils' section contains a pull-down menu with '1'. The 'Controls' section contains a green '+' button and a red '-' button. Red circles with numbers 1 through 4 are placed over the 'Time' section, 'Wets' pull-down, 'Soils' pull-down, and 'Controls' buttons respectively. A red rectangle highlights the 'Time' section.

To add a new diaper entry, first go to the Diapers tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are making an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Enter the time that the diaper was changed, using the 3 pull-down menus at the left end of the Entry Editor. The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
2. Use the Wets pull-down menu to select the wetness level of the diaper on a scale of 0-5, using the meanings shown in the "Usage Convention: Diaper Scales" section as a guide.
3. Use the Soils pull-down menu to select the soil level of the diaper on a scale of 0-5, using the meanings shown in the "Usage Convention: Diaper Scales" section as a guide.
4. When all pull-down menus have had a choice made and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline. The totals, averages and diaper counts in the Daily Summary (and other statistics inside BabyFeedingLog) will be adjusted as well, to account for the new entry.

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Diaper Entry



To edit an existing diaper entry, first go to the Diapers tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are editing an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

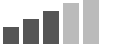















































When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one day to another, you must create a new entry on the new date and delete the old entry on the old date.

- 2 through 4: use these fields and menus to adjust the information about your entry as needed.

- 5: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all statistical data will be updated to reflect the change, and all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

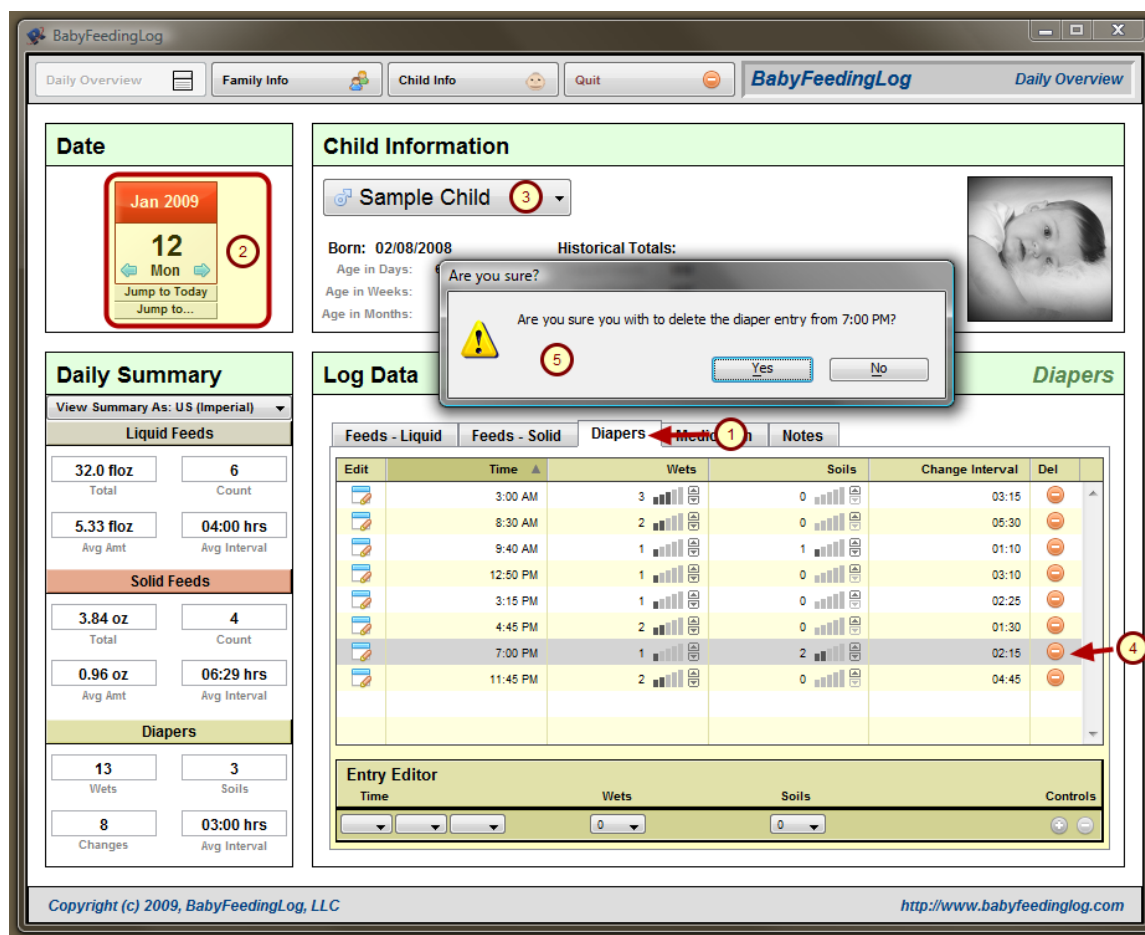
Quick Change: Editing the Wet or Soil Value of a Diaper Entry

Wets	Soils
3   	0   
2   	0   
1   	1   
1   	0   
1   	0   
2   	0   
1   	2   
2   	0   

Wet and/or Soil levels can be changed without going through the full Entry Editor.

This is done by clicking the up (1) or down (2) arrows to the right of the bar-scale in the appropriate column. Note that each arrow will disable itself if you can't go further in that direction based on the current entry. For example, an entry of "no bars" will have the down arrow disabled, while an entry of "all bars" will have the up arrow disabled. An example of a disabled down arrow can be seen in the above picture on the first row, in the soils column.

Deleting a Diaper Entry



To delete an existing diaper entry, first go to the Diapers tab of the Daily Overview (1). Next, use the Date section in the upper-left (2) to ensure that you are removing an entry for the correct day, adjusting as necessary. Then use the child selector (3) to ensure that you are looking at data for the correct child, again adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (4). BabyFeedingLog will then ask you if you are sure (5). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list and adjust all statistical data to account for the change.

Entering or Changing Medication Doses

In this lesson you will learn how to use the Medication tab of the main interface to enter, view, change or remove medication dose entries, and how to view all medications administered to a given child on a given day. The Medication tab is color-coded in grey.

In BabyFeedingLog, a medication is any substance used in the treatment of an illness or condition which is ingested, breathed, or otherwise administered and is not a food, in either prescription or over-the-counter varieties. Pain relievers, acid reflux controllers, nebulized asthma medicines, and medicated suppositories all fit this category, among several others.

Medication, along with Diapers and Liquid Feeds, is a primary focus of BabyFeedingLog and as such is important to know how to use correctly. It is the most complicated part of BabyFeedingLog.

At a Glance: The Medication Tab

Feeds - Liquid		Feeds - Solid		Diapers		Medication		Notes	
Edit	Time ▲	Amt	Units	Medication	Class	Interval	Del		
	4:00 AM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	12:10			
	3:15 PM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	11:15			
	9:50 PM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	08:35			

Doses: Total: Avg Interval:

Entry Editor

Time

Amount

Units

Controls

Tylenol(TM) Concentrated Suspension

Medication Chooser

Show All Medications Today

Medication Manager

The Medication tab is laid out in 3 major sections. The first is the upper section which lists the individual doses that have been given (1). The second section is the Entry Editor in the lower left (2). The final section is a set of control buttons in the lower right which help you manage the Medication system in BabyFeedingLog (3).

Viewing Doses for a Single Medication

[illegible]

To view the doses of a single medication, first go to the Medication tab on the Daily overview. Then use the Date controls to ensure that you are viewing the correct date. Finally, use the Child Selector to ensure that you are viewing the correct child's data.



The dose list uses a similar layout to the other sections of BabyFeedingLog, displaying the time the dose was given (1), the Amount of medication given (2), the name of the medication (3), the type of the medication (4), and the interval since the last dose of this particular medication for this particular child, in (hh:mm) format. The list also contains a column at the left end for editing a dose entry, and a column at the right end for deleting a dose entry.

To change which medication is being viewed, use the Medication Chooser pull-down menu (6). It will contain a list of all medication names you have entered in the Medication Manager.

To view all doses of **all** medications that have been given to this particular child on this particular day, click the "Show All Medications Today" button in the lower right-center of the medication tab (7). Clicking this button will change the view to the Multiple Medication List as shown in the next section of this manual.

Viewing Doses for Multiple Medications

Feeds - Liquid		Feeds - Solid		Diapers	Medication	Notes
Time ▲	Amt	Units	Medication		Class	Interval
8:25 AM	1.0	mL	Tylenol(TM) Concentrated Suspension		Liquid (oral)	12:55
12:45 PM	1.87	mL	Motrin		Liquid (oral)	4:20
5:20 PM	1.0	mL	Tylenol(TM) Concentrated Suspension		Liquid (oral)	4:35
11:35 PM	1.875	mL	Motrin		Liquid (oral)	6:15

 Return to Single Medication View  Medication Manager

Clicking the "Show All Medications Today" button in the lower right-center of the medication tab changes the mode of the medication tab to the Multiple Medication view. While in this view, you can see all doses of all medications given to this child "today," but cannot edit or delete any particular item in the list, nor add an item to the list. For these functions, you must return to Single Medication view.

The Multiple Medications view uses nearly the same columns as single medication view, with the exceptions that there is no Edit column, nor any Delete column. One change in function for Multiple view concerns the Interval column. This column, when in multiple view, shows the interval between the shown dose and the previous line, *no matter what that previous line may be*. In Single Medication view, the interval is between doses of the same medication. In Multiple view, the interval is between consecutive entries no matter what medication they are.

Why would you want that? Sometimes your doctor may have you give an alternating course of 2 pain medications, such as an acetamenophen-based medicine alternated with an ibuprofen-based medicine, with each dose from 4-6 hours apart. The interval function change in Multiple view helps you to ensure this kind of alternating pattern at the right interval.

Adding a New Dose Entry

Feeds - Liquid		Feeds - Solid		Diapers		Medication		Notes	
Edit	Time ▲	Amt	Units	Medication	Class	Interval	Del		
	4:00 AM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	12:10			
	3:15 PM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	11:15			
	9:50 PM	1.0	mL	Tylenol(TM) Concentrated Suspension	Liquid (oral)	08:35			

Doses: 3 Total: 3.00 mL Avg Interval: 10:00 hrs

Entry Editor

Time (3) Amount (4) Units (5) Controls (6)

Tylenol(TM) Concentrated Suspension (1)

Medication Chooser (2)

Show All Medications Today Medication Manager

To add a new dose entry, first go to the Medication tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are making an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Finally, use the Medication Chooser button (1) to choose the correct medication for entry. NOTE: you cannot enter a dose for an unlisted medicine. If what you wish to enter is not yet listed, please use the Medication Manager button (2) to create that entry first; see the section of this manual on the Medication Manager for details of that process. Then just follow these simple steps:

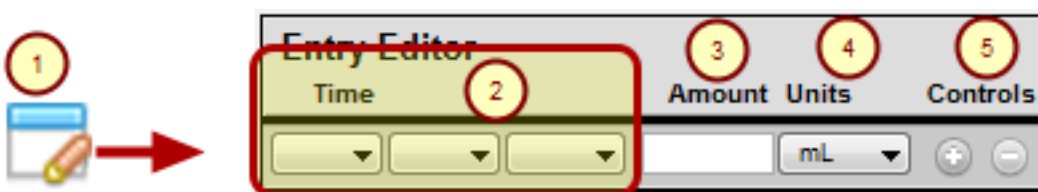
3. Enter the time that the dose was given, using the 3 pull-down menus at the left end of the Entry Editor. The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
4. Enter the amount of medicine that was administered. Enter only the raw number; you will use item 5 to choose the units of measure.
5. Use the Units pull-down menu to select the units of measure for the administered dose. This pull-down defaults to milliliters (mL). We **highly** recommend that you use metric units for medication entries.
6. When all fields and pull-down menus have had a choice made and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline.

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Dose Entry



To edit an existing dose entry, first go to the Medication tab of the Daily Overview. Then use the Date section in the upper-left to ensure that you are making an entry for the correct day, adjusting as necessary. Next, use the child selector to ensure that you are looking at data for the correct child, again adjusting as necessary. Finally, use the Medication Chooser button to choose the correct medication for entry. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

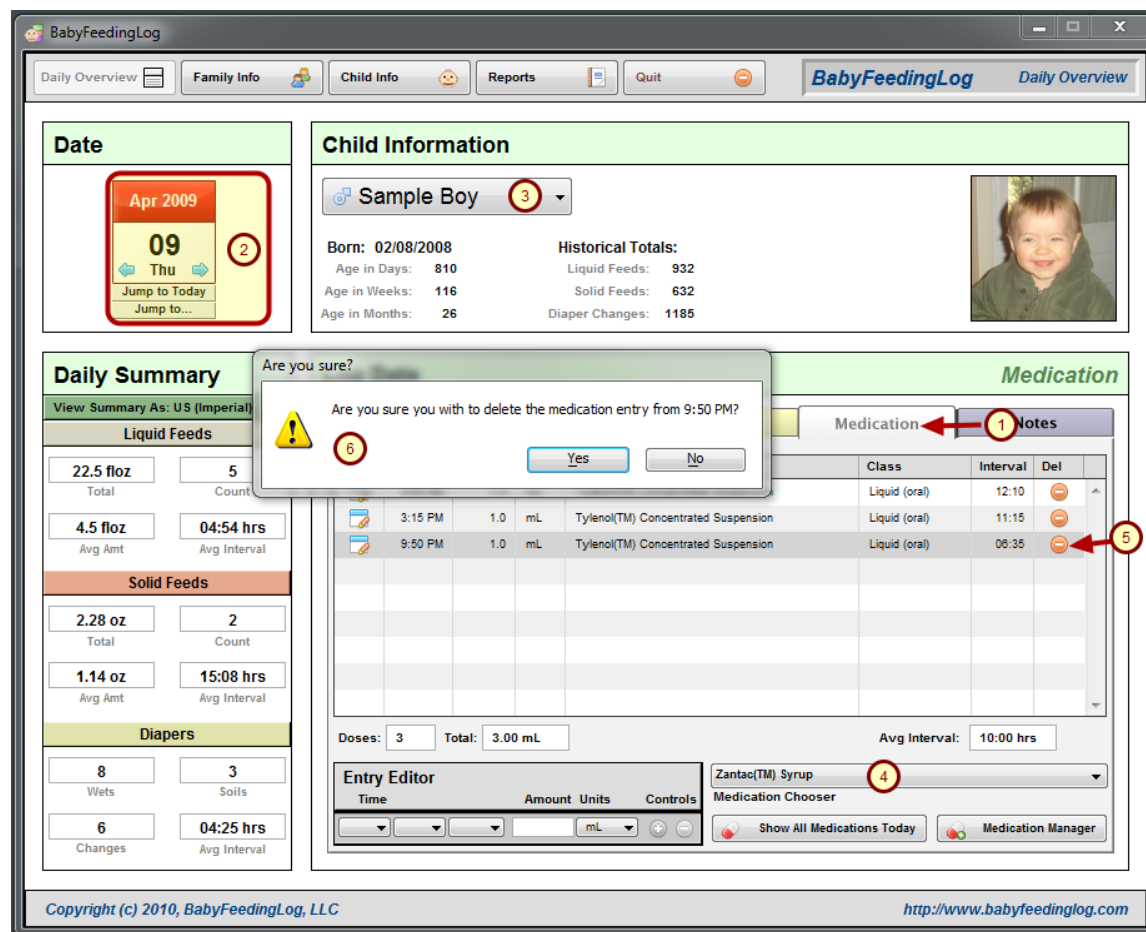
When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one day to another, you must create a new entry on the new date and delete the old entry on the old date.

- 2 through 4: use these fields and menus to adjust the information about your entry as needed.

- 5: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all statistical data will be updated to reflect the change, and all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

Deleting a Dose Entry



To delete an existing diaper entry, first go to the Medication tab of the Daily Overview (1). Next, use the Date section in the upper-left (2) to ensure that you are removing an entry for the correct day, adjusting as necessary. Then use the child selector (3) to ensure that you are looking at data for the correct child, again adjusting as necessary. Finally, use the Medication Chooser button (4) to ensure that you are working with the correct medication, adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (5). BabyFeedingLog will then ask you if you are sure (6). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list and adjust all statistical data to account for the change.

Entering or Changing Notes

The Notes tab is used for recording general information that doesn't fall into one of the other categories but that you will still like to store a record of. Examples of such things include notes on feeding habits, diaper events of particular note, temperature readings when your child is ill, or measurements of your child from his/her last doctor visit, just to name a few common types of note entries.

The controls in the Notes tab work just a bit differently than the other tabs. There is no Entry Editor on the Notes tab; instead, the area that is usually the Entry Editor is used to add new notes. How to perform various common tasks in the Notes tab is covered in the lesson steps, below.

The Notes tab is color-coded in purple & lavender shades.

At a Glance: The Notes Tab

Feeds - Liquid Feeds - Solid Diapers Medication Notes		
Time	Notes	Controls
1:30 PM	He is ready to try adult food I think. He seems bored with his baby food and is refusing it more and more but loves to try what we are eating. He likes fish, beans, crisps, saltines, peanut butter, kicks, soft cookies, butter and a little bit of fruit.	↑ ↓ + -
3:00 PM	Have been trying to encourage him to drink water from a sippy cup but he hasn't been interested and either plays with the cup or throws it on the floor. Today I let him drink from it without the lid on and he took some water. I also gave him some water in a dropper - I do this sometimes just out of desperation for him to get more fluids when he's had a particularly dry solid feed. In all, he took an ounce of water.	↑ ↓ + -
Add A Note Time: Notes: Controls: + -		

The Notes tab (1) is composed of very few controls and fields. Each note entry, which are sorted by the time of entry in ascending order (oldest on top), has a time entry (2), the notes themselves (3), controls to delete a note or post a change to a note (4), and an area to add a new note (5). If there are more than 3 notes entered on a given day for a given child, a scroll bar at the right of the list will activate, allowing you to scroll down to see other notes (6). You can have as many note entries as you like, up to the limits of what your hard drive can store (which should be quite a bit for simple data like this).

All common note management tasks are covered in the steps below.

Adding a New Note

The screenshot shows a web interface titled "Add A Note". It is divided into three main sections: "Time", "Notes", and "Controls".
1. The "Time" section on the left contains three pull-down menus for selecting the hour (07), minute (30), and meridian (PM). This entire section is enclosed in a red rectangular box with a yellow circle containing the number "1" next to it.
2. The "Notes" section in the center is a text area containing two lines of text: "I am entering a new note for the log." and "It can have many lines of text, paragraph breaks, and some formatting." The second line is indented. A yellow circle with the number "2" is placed to the right of the text area.
3. The "Controls" section on the right contains a green "+" button and a red "-" button. A yellow circle with the number "3" is placed to the right of these buttons.

To add a new note, first go to the Notes tab of the Daily Overview. Next, use the Date section in the upper-left to ensure that you are working within the correct day, adjusting as necessary. Then use the child selector to ensure that you are working with the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Enter the time for the note entry using the 3 pull-down menus at the left end of the Add A Note bar (1). The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
2. Use the notes field to enter whatever notes you wish to record. Observe, as in the example above, that these notes can contain paragraph breaks, can scroll down for quite some length, and can contain some basic formatting, such as bold, italic and underline effects. **When done, press the tab key on your keyboard.**
3. After you have hit the tab key on your keyboard, the Controls at the right end of the Add a Note bar should enable themselves. To complete the adding of the note, click on the green "plus" button (+). This will add the note and clear out the Add bar. To cancel adding this note, click on the red "minus" button (-). This will clear out the Add bar and drop whatever you happened to be entering.

Changing an existing note

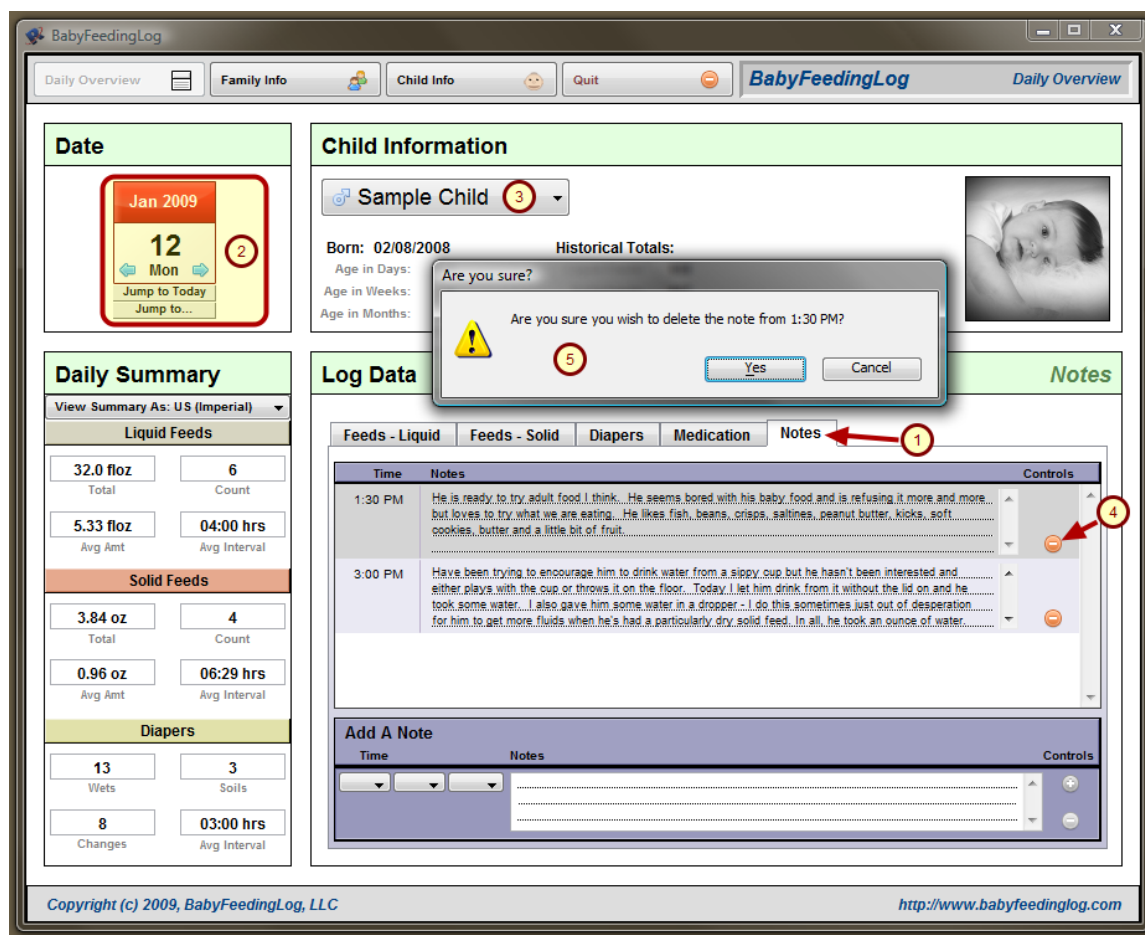
Time	Notes	Controls
1:30 PM	He is ready to try adult food I think. He seems bored with his baby food and is refusing it more and more but loves to try what we are eating... He likes fish, beans, crisps, saltines, peanut butter, kicks, soft cookies, butter and a little bit of fruit. I entered a change to this note here.	

To change an existing note, first go to the Notes tab of the Daily Overview. Next, use the Date section in the upper-left to ensure that you are working within the correct day, adjusting as necessary. Then use the child selector to ensure that you are working with the correct child, again adjusting as necessary. Then just follow these simple steps:

1. Click inside the field you wish to change on the row you wish to change. You can make changes in either the Time or the Notes field.
- 2a. Make the changes to the entries as needed. If you need to changes both fields, do steps 1 & 2 for both fields.
- 2b. Observe that once you begin making changes, BabyFeedingLog will lock down several controls on the screen to prevent many kinds of errors from occurring. The lock down most notably includes the date controls, child selector and tab buttons.
3. When done making changes, **press the tab key on your keyboard.** This will cause the controls at the right end of the line to activate. If you do not hit the tab key, the controls will not activate and you won't be able to finalize your changes.
4. To post the change, click the top-most control, which is a blue-topped white box icon with a pencil laying across its lower-right corner. This will finalize the changes and return you into normal note-viewing mode.
5. To cancel the change, click the yellow "minus" button (-), which will return the note to its previous state.

Posting or cancelling your changes will reactivate all of the buttons and controls on the screen that were previously locked down when you began editing.

Deleting a Note



To delete an existing Note entry, first go to the Notes tab of the Daily Overview (1). Next, use the Date section in the upper-left (2) to ensure that you are removing an entry for the correct day, adjusting as necessary. Then use the child selector (3) to ensure that you are looking at data for the correct child, again adjusting as necessary.

Then click the red minus button in the Controls column of the row in the list you want to remove (4). BabyFeedingLog will then ask you if you are sure (5). If you confirm the decision to delete a row, BabyFeedingLog will then immediately and permanently delete the entry from the list.

Entering or Changing Firsts

In this lesson you will learn how to use the Firsts tab to add, edit or remove entries of your child's "firsts"... first walk, first word, first toy fight with a sibling, etc.

The general procedure is exactly the same as most of the other tabs in BabyFeedingLog, with the one exception of the date picker.

At a Glance: The Firsts Tab

History: 30 Days	History: Complete	Firsts	Vitals	Vaccinations	
Edit	Date	Time	Type	Description	Del
	01/27/2009	2:10 PM	Walk	Walked for about 3 feet in the family room	
	12/09/2008	10:35 AM	Crawl	Crawled for about 2 feet in the hallway this morning!	
	10/20/2008	6:40 PM	Word	he said both Da Da and Ma Ma, and knew what they meant	
	2	3	4	5	

Entry Editor

6

Date

Time

Type

Description

Controls

The "Firsts" tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing the date (2), time (3), type (4) and description (5) of each event that you enter.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (6). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps.

Adding a New Firsts Entry

The screenshot shows the 'Entry Editor' window. It has a header bar with the title 'Entry Editor'. Below the header, there are five main sections: 'Date', 'Time', 'Type', 'Description', and 'Controls'. Each section is labeled with a circled number: 1 for Date, 2 for Time, 3 for Type, 4 for Description, and 5 for Controls. The 'Date' field shows '2009-04-09' with a calendar icon. The 'Time' field has three pull-down menus showing '02', '43', and 'PM'. The 'Type' field shows '5-word Sentence'. The 'Description' field contains the text 'Daddy, I get up now. (from afternoon nap)'. The 'Controls' section has a green '+' button and a red '-' button.

To add a new Firsts entry, first go to the Firsts tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Use the calendar picker button to bring up the calendar picker in a new mini-window. Use the controls provided on that window to pick the date of the event. When you have picked the correct date, click the green checkmark button in the lower right of that mini-window, or click the red X button in the lower left to cancel. The chosen date will be entered into the Date field in the correct format (YYYY-mm-dd).
2. Enter the time that the diaper was changed, using the 3 pull-down menus at the left end of the Entry Editor. The 1st pull-down is the hour, the second is the minute, and the third is the meridian (AM/PM).
3. Use the Type field to enter the type of event being recorded. This should be a short entry - Crawl, Word, Walk, etc.
4. Use the Description field to enter details about the event being recorded. YOU have a bit more room here but not too much - barely more than what is shown in the field itself. Be succinct!
5. When all entries are complete and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline (which is sorted most-recent-first by default).

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Firsts Entry

The screenshot shows the 'Entry Editor' window. Callout 1 points to a blue 'Edit' button with a pencil icon. Callout 2 points to the 'Date' field showing '2009-04-09'. Callout 3 points to the 'Time' field, which includes dropdowns for '02', '43', and 'PM'. Callout 4 points to the 'Type' field showing '5-word Sentence'. Callout 5 points to the 'Description' field containing the text 'Daddy, I get up now. (from afternoon nap)'. Callout 6 points to the 'Controls' area at the bottom right, which contains a green '+' button and a red '-' button.

To edit an existing Firsts entry, first go to the Firsts tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

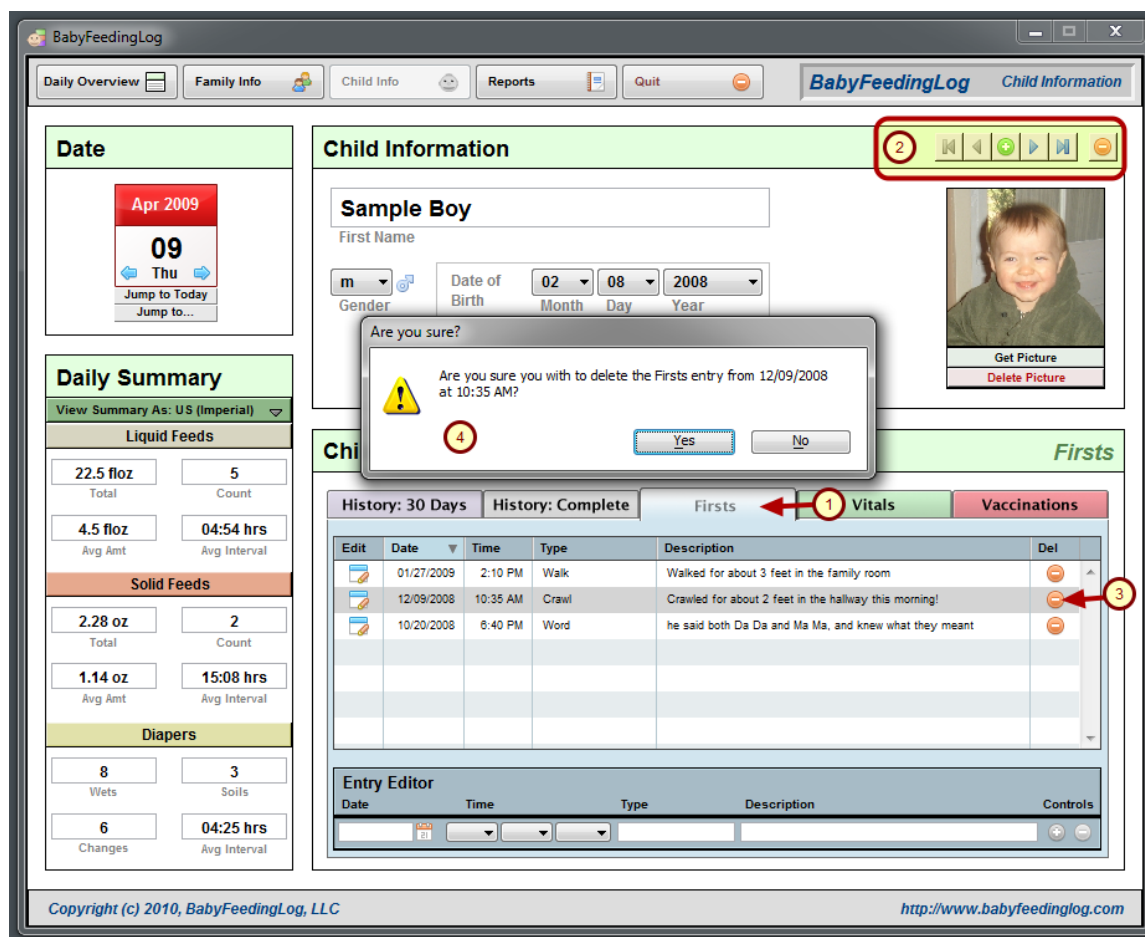
When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one child to another, you must create a new entry on the second child and delete the old entry from the first child's entries.

2 through 5: use these fields and menus to adjust the information about your entry as needed.

- 6: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

Deleting a Firsts Entry



To delete an existing Firsts entry, go to the Firsts tab of the Child Information Manager (1). Next, use the child selector (2) to ensure that you are looking at data for the correct child, adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (3). BabyFeedingLog will then ask you if you are sure (4). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list.

Entering or Changing Vitals

In this lesson you will learn how to use the Vitals tab to add, edit or remove entries of your child's vital statistics. That is, your child's doctor may send home with you a sheet of measurements after each "well child" checkup, containing information commonly tracked by pediatricians as growth and health indicators: height, weight and head circumference, expressed both in raw measure and in percentiles (as compared to the statistically "average" child). Some doctors will also track body mass index and other information, but those are not listed in BabyFeedingLog.

Percentile measures compare the raw measures for your child against children of the same age. For example, a perfectly average child will be in the 50th percentile in all categories. Tall children will be in higher percentiles for height, like the example child shown in these screen captures, while short children will be in lower percentiles. The same applies to weight and head circumference - the larger/taller/heavier, the higher the percentile is likely to be, and so forth.

Head circumference is a measure of the distance *around* the head.

The general procedure is exactly the same as most of the other tabs in BabyFeedingLog, with the one exception of the date picker.

At a Glance: The Vitals Tab

Edit	Date	Height	Ht Percentile	Weight	Wt Percentile	Hd Circ	HCirc Pctile	Del
	12/15/2008	30.5 in	90 %	19.75 lbs	25 %	18.25 in	75 %	
	02/09/2009	30.75 in	90 %	21.25 lbs	25 %	18.5 in	75 %	
	09/15/2009	33.25 in	75 %	24.75 lbs	30 %	19.0 in	80 %	

Entry Editor
Date Height Units Percentile Weight Units Percentile Head Circ Units Percentile Controls

The Vitals tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing several columns of information for the vital statistics that you enter:

- 2) The date of the measurement
- 3) Height, in raw measure
- 4) Height as a percentile
- 5) Weight, in raw measure
- 6) Weight as a percentile
- 7) Head Circumference, in raw measure
- 8) Head Circumference as a percentile.

To interpret these entries, the example child shown has tended to be tall, thin and have a larger-than-average head. Knowing this information has more than just health uses; it can also be used to help you find better-fitting clothes for your child, for example.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (9). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps.

Adding a New Vitals Entry

The screenshot shows the 'Entry Editor' interface. At the top, there are 11 numbered callouts in yellow circles. Below them are the corresponding input fields: Date (1), Height (2), Units (3), Percentile (4), Weight (5), Units (6), Percentile (7), Head Circ (8), Units (9), Percentile (10), and Controls (11). The Date field contains '2009-02-09'. The Height field contains '30.75' and the Units dropdown is set to 'in'. The Percentile field contains '90'. The Weight field contains '21.25' and the Units dropdown is set to 'lbs'. The Percentile field contains '25'. The Head Circ field contains '18.5' and the Units dropdown is set to 'in'. The Percentile field contains '75'. The Controls field has a green '+' button and a red '-' button.

To add a new Vitals entry, first go to the Vitals tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Use the calendar picker button to bring up the calendar picker in a new mini-window. Use the controls provided on that window to pick the date of the event. When you have picked the correct date, click the green checkmark button in the lower right of that mini-window, or click the red X button in the lower left to cancel. The chosen date will be entered into the Date field in the correct format (YYYY-mm-dd).

2-4. Use the provided fields and pull-down menu to enter the child's recorded Height, both as a number + units (2 & 3), and as a percentile (4). DO NOT type the "%" symbol, just the raw number.

5-7. Use the provided fields and pull-down menu to enter the child's recorded Weight, both as a number + units (5 & 6), and as a percentile (7). DO NOT type the "%" symbol, just the raw number.

8-10. Use the provided fields and pull-down menu to enter the child's recorded Head Circumference, both as a number + units (8 & 9), and as a percentile (10). DO NOT type the "%" symbol, just the raw number.

11. When all entries are complete and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until all fields in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline (which is sorted by date by default).

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to re-choose the same value again on a pull-down menu to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Vitals Entry

The screenshot shows the 'Entry Editor' window. Callout 1 points to a blue button with a pencil icon. Callout 2 points to the 'Date' field, which contains '2009-02-09'. Callout 3 points to the 'Height' field, which contains '30.75'. Callout 4 points to the 'Units' dropdown menu, which is set to 'in'. Callout 5 points to the 'Percentile' field, which contains '90'. Callout 6 points to the 'Weight' field, which contains '21.25'. Callout 7 points to the 'Units' dropdown menu, which is set to 'lbs'. Callout 8 points to the 'Percentile' field, which contains '25'. Callout 9 points to the 'Head Circ' field, which contains '18.5'. Callout 10 points to the 'Units' dropdown menu, which is set to 'in'. Callout 11 points to the 'Percentile' field, which contains '75'. Callout 12 points to the 'Controls' area, which contains a green '+' button and a red '-' button.

To edit an existing Vitals entry, first go to the Vitals tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one child to another, you must create a new entry on the second child and delete the old entry from the first child's entries.

- 2 through 11: use these fields and menus to adjust the information about your entry as needed.

- 12: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all of the buttons that were locked down when you began editing will be unlocked.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

Deleting a Vitals Entry

The screenshot shows the BabyFeedingLog application window. The 'Child Information' section displays 'Sample Boy' with a birth date of 02/08/2008. The 'Child History' table lists three entries. The 'Vitals' tab is selected, and a confirmation dialog box is open, asking for confirmation to delete the entry from 02/09/2009. The dialog box has 'Yes' and 'No' buttons. Red annotations indicate the steps: (1) Click the 'Vitals' tab, (2) Use the child selector, (3) Click the red minus button in the 'Del' column, and (4) Confirm the deletion in the dialog box.

Edit	Date	Height	Ht Percentile	Weight	Wt Percentile	Hd Circ	HCirc Pctile	Del
	12/15/2008	30.5 in	90 %	19.75 lbs	25 %	18.25 in	75 %	
	02/09/2009	30.75 in	90 %	21.25 lbs	25 %	18.5 in	75 %	
	09/15/2009	33.25 in	75 %	24.75 lbs	30 %	19.0 in	80 %	

To delete an existing Vitals entry, go to the Vitals tab of the Child Information Manager (1). Next, use the child selector (2) to ensure that you are looking at data for the correct child, adjusting as necessary.

Then click the red minus button in the Del column of the row in the list you want to remove (3). BabyFeedingLog will then ask you if you are sure (4). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list.

Entering or Changing Vaccination Entries

In this lesson you will learn how to use the Vaccinations tab to add, edit or remove entries of your child's vaccinations.

The general procedure is exactly the same as most of the other tabs in BabyFeedingLog, with the one exception of the date picker.

At a Glance: The Firsts Tab

Edit	Date	Description	Given By	Next Due	Course Count	Del
	11/23/2009	DTaP-HepB-IPV	St Mary's HC	01/23/2010	1 of 2	
	11/23/2009	Hib Prp-t	St Mary's HC	01/23/2010	1 of 2	
	11/23/2009	PCV7 (Prevnar)	St Mary's HC	01/23/2010	1 of 2	
	(2)	(3)	(4)	(5)	(6)	

Entry Editor (7)						
Date	Description	Given By	Next Due	Course Count	Controls	
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/> of <input type="text"/>		

The "Vaccinations" tab (1) has a simple layout of two major parts: upper and lower. The upper section contains a list of the individual entries, showing the date (2), description (3), administrator [ie, who performed the injection] (4), next due date (5) and course count (6) of each vaccination that you enter.

Each line also has a button to edit the entry, at the left end of the line, and a button to delete the entry, at the right end of the line.

The lower section of the tab is the Entry Editor (7). This section is used to add a new entry or to edit an existing entry. These functions are explained in more detail in the following lesson steps.

Adding a New Vaccination Entry

The screenshot shows the 'Entry Editor' form with the following fields and controls:

Date	Description	Given By	Next Due	Course Count	Controls
2009-11-23	DTaP-HepB-IPV	St Mary's HC	2010-01-23	1 of 2	+ -

Numbered callouts point to: 1. Date field, 2. Description field, 3. Given By field, 4. Next Due field, 5. Course Count field, 6. Course Count field, and 7. Controls (+/- buttons).

To add a new Vaccination entry, first go to the Vaccinations tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Use the calendar picker button to bring up the calendar picker in a new mini-window. Use the controls provided on that window to pick the date of the vaccination. When you have picked the correct date, click the green checkmark button in the lower right of that mini-window, or click the red X button in the lower left to cancel. The chosen date will be entered into the Date field in the correct format (YYYY-mm-dd).
2. Enter a description of the vaccination. Very often this will be several items as a "cocktail", as shown in the diagram for this particular injection, which was for Diptheria, Tetanus & Percussis (DTaP), Hepatitis-B, and the Inactive Polio Vaccine (IPV) all in one shot. Only list those things that were in the same injector.
3. Enter the name of the person who performed the vaccination, or the facility where they were.
4. OPTIONAL - If the vaccination being recorded is one that requires a course of multiple injections spaced over several months, as is quite common, then use the provided calendar picker button to again choose a date, this time choosing the date when the next round in the course is due. Not all vaccinations require a series of injections, hence this field is optional.
- 5 & 6. OPTIONAL - If the vaccination being recorded is one that requires a course of multiple injections spaced over several months, as is quite common, then use the 2 provided fields to enter which injection in the course is being recorded (5), and how many shots are in the course in total (6). For example, in a vaccination that requires 3 injections in total to complete, and where your child has just received the second one, you would enter "2" in field #5 and "3" in field #6, so that it would read "2 of 3". Like field #4, not all vaccinations require a series of injections, hence these 2 fields are optional.
7. When all entries are complete and you are satisfied with their accuracy, click the green "plus" button at the right end of the Entry Editor to add the entry. Note that the "add" button will be greyed-out and inactive until fields 1-3 in the editor have a value in them.

If you wish to cancel your entry, click the red "minus" button at the right end of the Entry Editor. This will wipe out the values you've put in to the Entry Editor. Note that the "cancel" button will be greyed-out and inactive if there is nothing to cancel.

When the entry is added, BabyFeedingLog will put it into the lines of entries above the editor, in the correct position in the timeline (which is sorted most-recent-first by default).

NOTE: If the Controls at the right end of the Entry Editor remain inactive when you think they shouldn't, you may need to hit the "tab" key on your keyboard in order to "nudge" BabyFeedingLog into recognizing that you have finished entering information and are ready to add the entry.

Editing an Existing Vaccination Entry

The diagram shows the 'Entry Editor' interface. It has a header bar with the title 'Entry Editor'. Below the header are several fields: 'Date' (2009-11-23), 'Description' (DTaP-HepB-IPV), 'Given By' (St Mary's HC), 'Next Due' (2010-01-23), 'Course Count' (1 of 2), and 'Controls'. Numbered callouts point to specific elements: 1 points to a blue box with a pencil icon; 2 points to the 'Date' field; 3 points to the 'Description' field; 4 points to the 'Given By' field; 5 points to the 'Next Due' field; 6 points to the 'Course Count' field; 7 points to the 'Controls' field; and 8 points to a green plus button at the end of the entry line.

To edit an existing Vaccination entry, first go to the Vaccinations tab of the Child Information Manager. Next, use the child selector buttons in the upper right to ensure that you are looking at data for the correct child, adjusting as necessary. Then just follow these simple steps:

1. Click the Edit button for the line you want to change. This button is at the left end of the line, and looks like a blue-topped white box with a pencil laying across the bottom-right corner of the box.

When you click this button, several things will happen. The data for that entry will be loaded into the Entry Editor, and the Editor will visibly flash twice. The row you are editing will change color in the list of entries above the Editor. The tab buttons, calendar buttons and others will all "lock down" so that you cannot change tabs, change date, or go to another part of BabyFeedingLog while editing an entry (doing any of those things while editing could corrupt your data and really mess things up). If you need to move an entry from one child to another, you must create a new entry on the second child and delete the old entry from the first child's entries.

2 through 7: use these fields and buttons to adjust the information about your entry as needed.

8: Click the green "plus" button at the right-hand end of the line to post the change back into the list of entries. This will also clear out all values in the Entry Editor. Once the changes are posted, all of the buttons that were locked down when you began editing will be unlocked. If you have not made any changes yet, the button will be greyed out and inactive, as shown in this diagram.

To cancel making changes, click the red "minus" button at the right-hand end of the line. This will clear out all values in the Entry Editor and leave the data in the entry list unchanged. All buttons that were locked down when you began editing will be unlocked.

Deleting a Vaccination Entry

The screenshot shows the BabyFeedingLog application window. The 'Child Information' tab is active, displaying a child named 'Sample Girl' with a birth date of 08/17/2009. A confirmation dialog box is open, asking 'Are you sure you wish to delete the vaccination entry from 11/23/2009 (DTaP-HepB-IPV)?' with 'Yes' and 'No' buttons. The 'Vaccinations' table is visible below the dialog, showing three entries for 11/23/2009. The first entry is highlighted, and a red minus button in the 'Del' column is circled. The 'Entry Editor' section is also visible at the bottom.

Edit	Date	Description	Given By	Next Due	Course Count	Del
	11/23/2009	DTaP-HepB-IPV	St Mary's HC	01/23/2010	1 of 2	
	11/23/2009	Hib Pcp-t	St Mary's HC	01/23/2010	1 of 2	
	11/23/2009	PCV7 (Prevnar)	St Mary's HC	01/23/2010	1 of 2	

To delete an existing Vaccination entry, go to the Firsts tab of the Child Information Manager (1). Next, use the child selector (2) to ensure that you are looking at data for the correct child, adjusting as necessary.

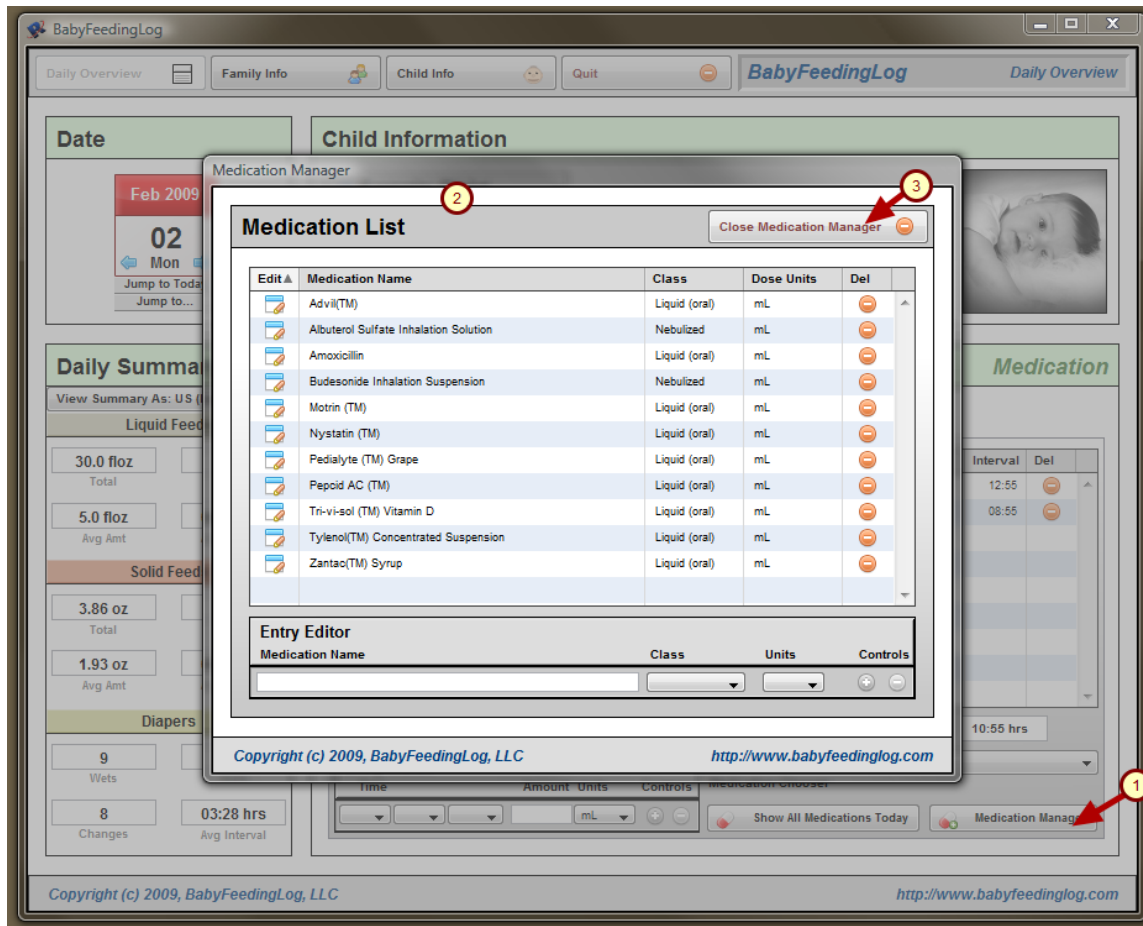
Then click the red minus button in the Del column of the row in the list you want to remove (3). BabyFeedingLog will then ask you if you are sure (4). If you confirm the decision to delete a row, BabyFeedingLog will then immediately delete the entry from the list.

Managing the Medication List

The Medication Tab in the Daily Overview has a companion screen called the Medication List. This is a simple storage table where you will enter the names, classes, and default dosages of the medications you are actually using within BabyFeedingLog.

Whatever is entered into the Medication List is what will appear in pull-down menus within the Medication Tab; you will not be able to enter dispensed doses of a medication unless you have first listed it in the Medication List. Therefore, it is important to know how to use the Medication List. Fortunately, usage is very easy and is identical to the regular tabs of the main interface, as the steps in this lesson will show.

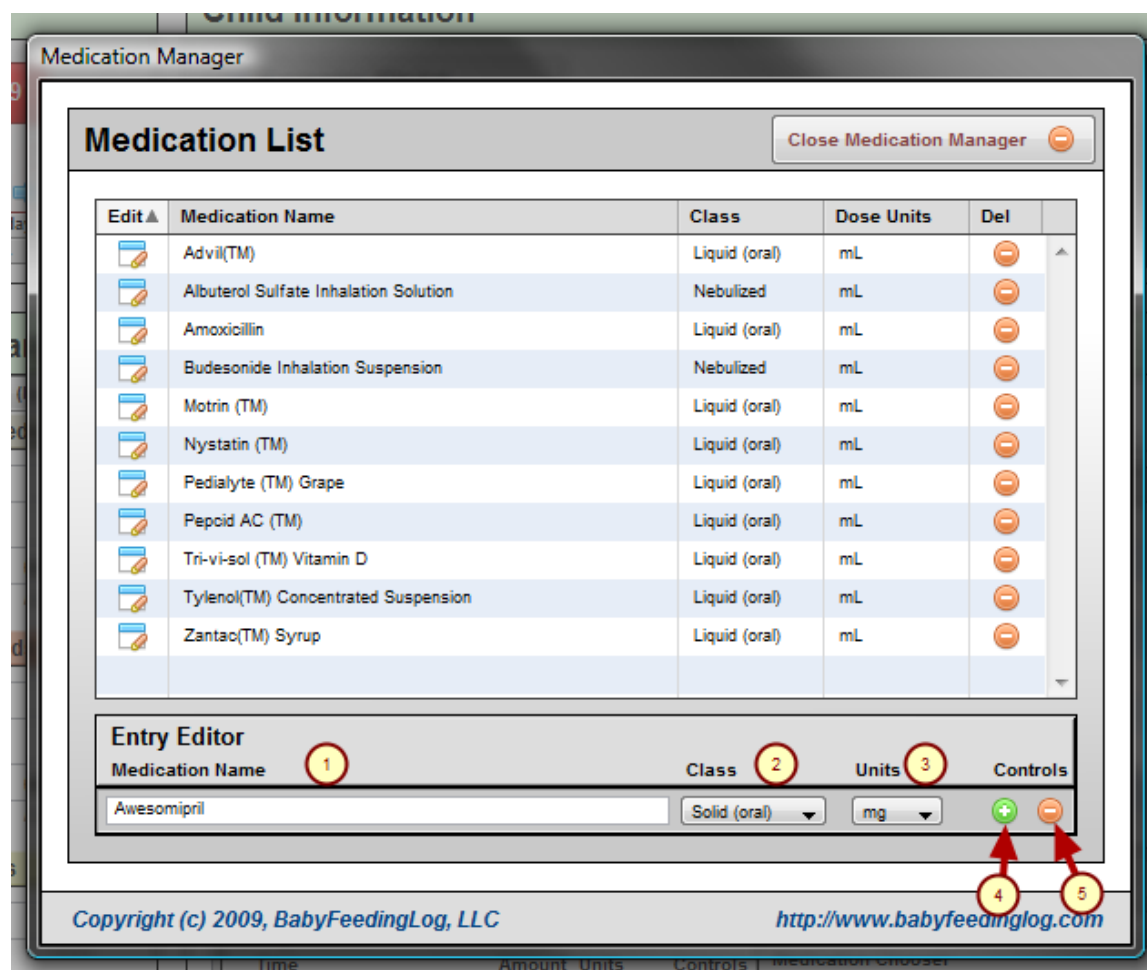
At a Glance: the Medication List



The Medication Manager is easy to access and easy to use. From the Medication Tab in the main Daily Overview interface, just click the Medication Manager button (1) and the screen will load in a new window (2). Note that the main screen will dim and no controls on it will work until you click the Close Medication Manager button (3).

The window has a simple layout, very much like any of the main tabs. It has a list of each medication on file and an Entry Editor for adding or editing entries. Each line in the list has a button at the left end to load that line into the Editor, and a button at the right end to delete that line.

Adding a New Medication Entry

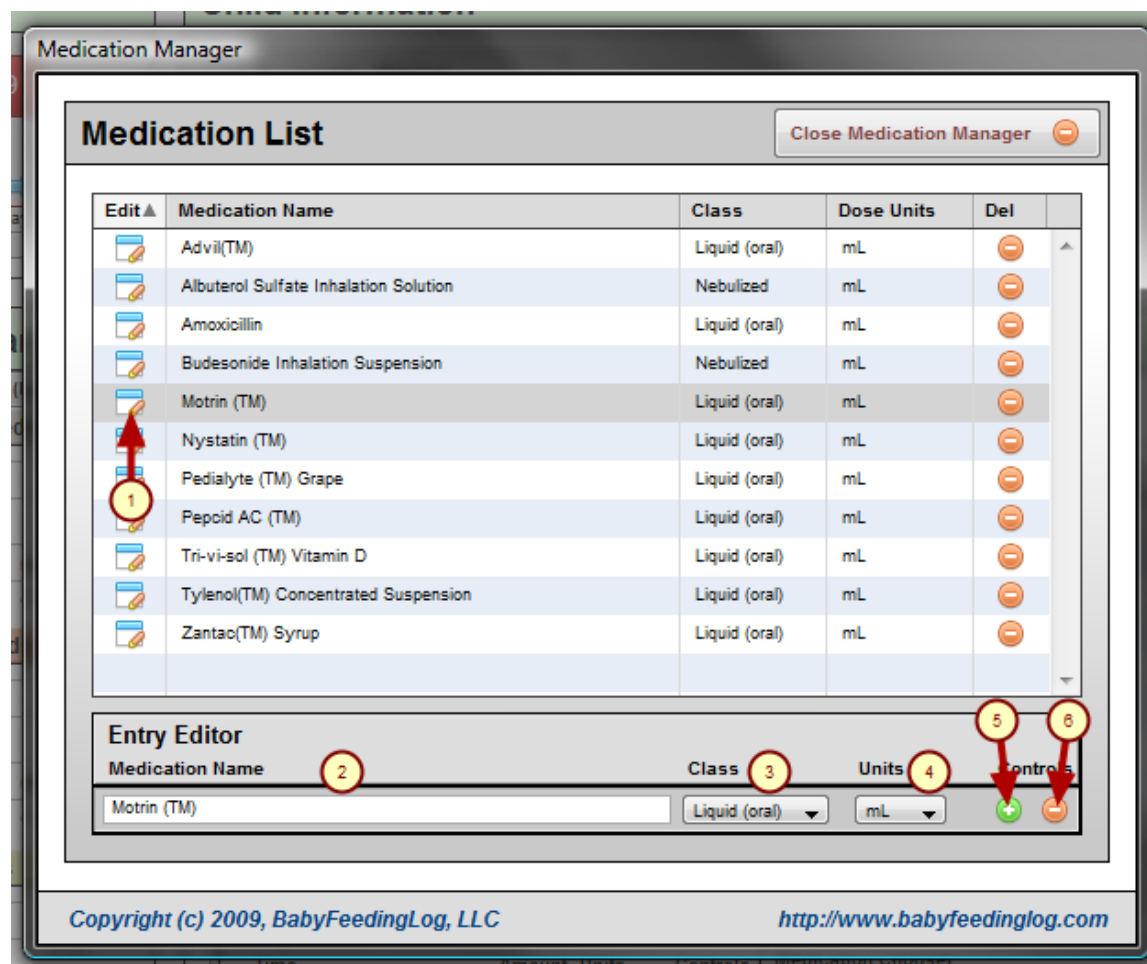


For this example, we will add a new, trendy-sounding imaginary medicine, Awesomipril (Awesominide Imagipril) 50mg, to the list. Our imaginary example medicine is an oral pill, measured in milligrams. Note that you will likely never enter a solid-class medicine into this list. Because we are dealing with medicines for infants and toddlers, most medication entries will be liquids, nebulized inhalants, topicals, suppositories or some other variety.

Simply enter the medication's name (1), select a Class for it (solid, liquid, inhaler, etc) (2) and a default unit of measure (3). When you are satisfied with your entries, click the green "plus" button to add the medication to the list (4). It will be inserted in alphabetical order. To cancel your entry, click the red "minus" button in the Entry Editor (5).

When entering a medication, it is recommended that you include the strength of the medicine within the name. For example, a very common childhood medication is liquid amoxicillin, but it comes in many different strengths, expressed in mg per mL. When you are recording administered doses later on, it will be important that you correctly identify the medicine that was actually given by both name and strength to avoid confusing and potentially dangerous ambiguity.

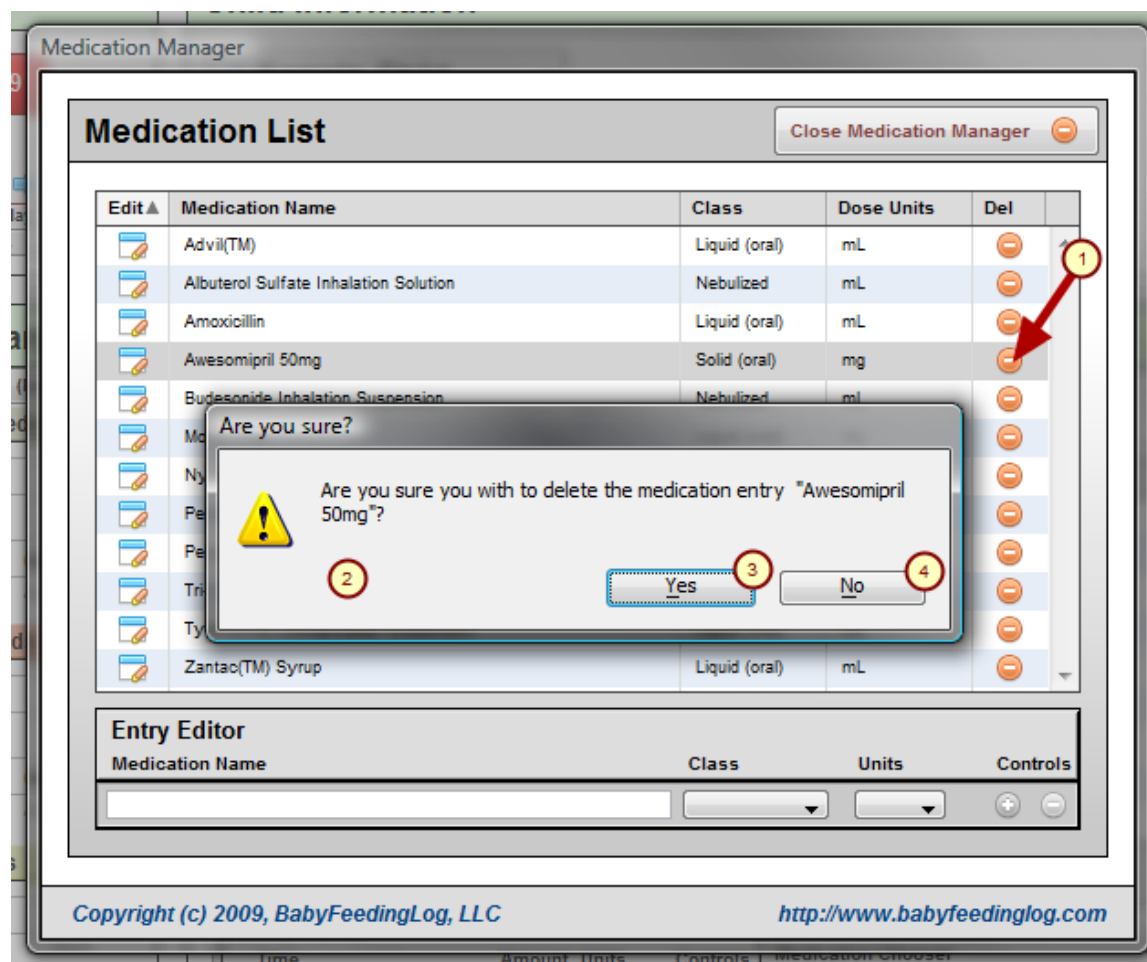
Editing an Existing Medication Entry



Editing a medication entry works much the same here as on any of the main tabs. Just follow these simple steps:

1. Click the Edit button on the line you wish to change. The edit button is in the 1st column and is an icon in the form of a blue-topped white box with a pencil laying across the bottom right corner.
- 2-4: Change each of these items as desired.
5. When you are satisfied with your changes, click the green "plus" control button at the right-hand end of the Entry Editor to post the change to the list. The list may resort itself based on the change that was made - medications appear in alphabetical order by name, so if you changed a name, the list will likely resort itself.
6. If you wish to cancel the editing, click the red "minus" control button at the right-hand end of the Entry Editor.

Removing a Medication Entry



To remove a medication entry, simply click the red "minus" button the Del column on the line you wish to remove (1). BabyFeedingLog will ask you if you are sure you wish to do this (2). If you answer "yes" by clicking the "Yes" button (3), BabyFeedingLog will remove that medication from the list.

Please note that this does NOT remove any recorded doses of that medication from any child's records. However, it will damage those records in such a way that it will appear that a dose of "something" was given, but you will have no idea what the "something" is anymore.

If you do not wish to delete the medication entry, click the No button in the confirmation dialogue box (4).

Managing Solid Food Unit of Measure Conversions

The "Feeds - Solid" Tab in the Daily Overview has a companion screen called the Solid Food Unit Conversion Helper. This is a combination tool and storage location where you can list the details regarding weights & measures of solid foods that you commonly use for your child, and use that information to help you convert from non-gram units to grams.

In BabyFeedingLog it is highly recommended that you list all solid feed entries in terms of metric units - grams, milligrams, kilograms, etc. These units make for easier math, are listed on the packaging for virtually all commercial foods, and are both more accurate and precise. The Solid Food Unit Conversion Helper allows you to meet this goal by providing a method of converting units.

Please note that unit conversion will only be as accurate as the data you enter, and that missing pieces of data will cause the conversion to fail altogether. For example, if you are trying to convert from a unit of volume, such as teaspoons, to a unit of weight, such as grams, then you must know both how much weight is in a "standard" serving AND how large (in volume) a standard serving is. This is because in order to get from volume to weight units, you must first calculate the density of the food: weight divided by space. The density can then be converted to other units. If you do not have on file either the standard serving weight or standard serving size of a given food, or of one with identical numbers, you will not be able to make that kind of unit conversion.

Also note that if you own a food scale that can handle small (infant and toddler-sized) amounts, and that scale has a metric notation on it, then you will not need to use this Helper and can simply weigh the food each time. This will always be the best, most-accurate option.

Practical Example

You have just served to your child 3 Tablespoons of a typical single-grain cereal mixed with formula, at a rate of 1floc of formula to 1 tablespoon of cereal. (While this is a common ratio, do not take it as a recommended one; the correct ratio to use for your child will depend on many things, none of which can be known by the creator of BabyFeedingLog. Such variables include the desired thickness of the final cereal, the age of your child and where the child is at in terms of digestive development, etc.) We will note the formula used in this cereal mix in the "Feeds - Liquid" tab and concern ourselves only with the cereal itself, ie, the actual solid food., for the entry in the "Feeds - Solid" tab. I wish to record that entry in units of "grams," but I measured from the cereal box in terms of Tablespoons.

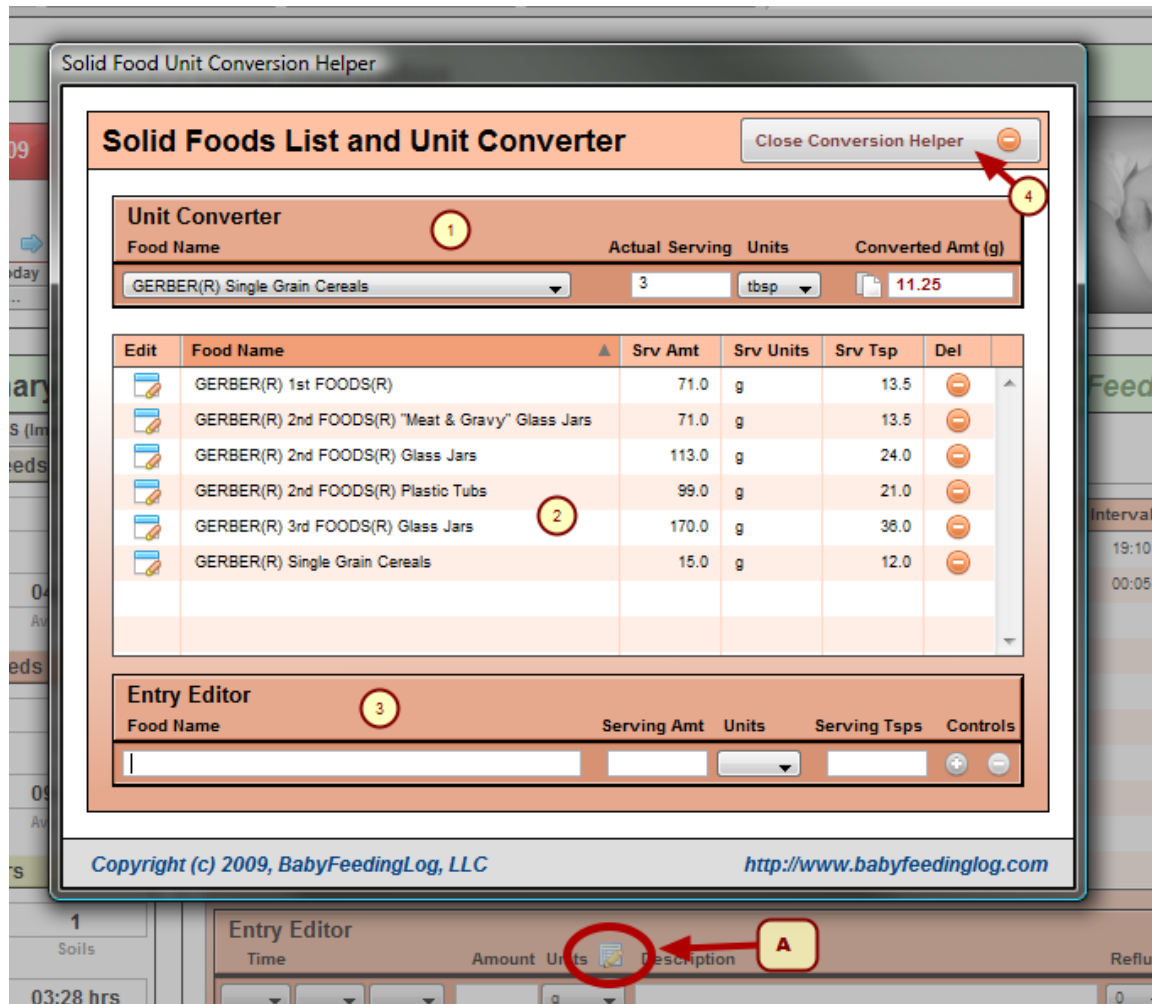
Looking at the packaging for that particular cereal, we know that it lists a standard serving weight of 15 grams and a size of 12 Teaspoons. We know that there are 3 Teaspoons in 1 Tablespoon, so a standard serving of 12 Teaspoons can also be said to be 4 Tablespoons.

Using the unit conversion helper, we can calculate that the 3 Tablespoons of this cereal given to the child had a weight of 11.25 grams, which is what I would note for the amount and units in

the "Feeds - Solid" entry for this feed. The math for arriving at that number is done behind the scenes, but we will expose it here so that you can see how it was calculated.

$15\text{g}/4\text{Tbsp} = 3.75 \text{ g/Tbsp}$, which is the density of that food. We then multiply that density by the number of Tablespoons of cereal actually consumed in the feed, which in this case is 3. $3 \text{ Tbsp} * 3.75 \text{ g/Tbsp} = 11.25 \text{ g}$.

At a Glance: The Solid Food Unit Conversion Helper



Access to the Conversion Helper is through the small button in the Entry Editor of the "Feeds - Solid" tab (A).

The Conversion Helper is divided into 3 basic sections.

1. The Unit Converter - Use this to do a unit conversion for one of the listed foods.
2. The Foods List - A data list of solid foods, similar in operation to the data lists in other parts of BabyFeedingLog
3. The Entry Editor - Used to add a new food or edit an existing food entry.

Note that when you open the Conversion Helper, the rest of the screen will dim and no controls on the main screen will work until you close the Helper, using the button in the upper right (4).

Entering a New Food

Solid Food Unit Conversion Helper

Solid Foods List and Unit Converter Close Conversion Helper

Unit Converter

Food Name: GERBER(R) Single Grain Cereals Actual Serving: 3 Units: tbsp Converted Amt (g): 11.25

Edit	Food Name	Srv Amt	Srv Units	Srv Tsp	Del
	GERBER(R) 1st FOODS(R)	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) "Meat & Gravy" Glass Jars	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) Glass Jars	113.0	g	24.0	
	GERBER(R) 2nd FOODS(R) Plastic Tubs	99.0	g	21.0	
	GERBER(R) 3rd FOODS(R) Glass Jars	170.0	g	36.0	
	GERBER(R) Single Grain Cereals	15.0	g	12.0	

Entry Editor

Food Name: Yummy Tasty Paste Serving Amt: 30 Units: g Serving Tsp: 12 Control:

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The conversion helper can only perform conversions for foods that are in the list. Alternatively, you can perform a conversion for a food that has the exact same weights and measures as the food you actually have: the math will work out the same.

For this example, we will add a new, imaginary food called Yummy Tasty Paste, which has a standard serving size of 30 grams and 12 Teaspoons. To add this new food, we enter this data into the provided fields, as such:

1. The Food Name
2. The suggested serving WEIGHT. This number should be listed on the packaging in milligrams, grams, ounces or pounds. Enter only the number in the field; the units will be chosen in the pull-down menu next to it.
3. The suggested serving weight units. This is the units of measure for item #2.

4. The suggested serving VOLUME, as expressed in teaspoons. This may be listed on the packaging in fluid ounces, cups, teaspoons, tablespoons, liters, millileters or any other unit of volume.
5. When you are satisfied with your entries, click the green "plus" control button at the right of the Entry Editor to add the new food to the list. It will be inserted in alphabetical order.
6. If you wish to cancel adding this new food, click the red "minus" control button at the right of the Entry Editor.

If there is an actual "Yummy Tasty Paste" out there, our reference to it here is purely accidental.

Editing an Existing Food Conversion Entry

Solid Food Unit Conversion Helper

Solid Foods List and Unit Converter Close Conversion Helper

Unit Converter

Food Name: GERBER(R) Single Grain Cereals Actual Serving: 1 Units: tbsp Converted Amt (g): 11.25

Edit	Food Name	Srv Amt	Srv Units	Srv Tsp	Del
	GERBER(R) 1st FOODS(R)	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) "Meat & Gravy" Glass Jars	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) Glass Jars	113.0	g	24.0	
	GERBER(R) 2nd FOODS(R) Plastic Tubs	99.0	g	21.0	
	GERBER(R) 3rd FOODS(R) Glass Jars	170.0	g	36.0	
	GERBER(R) Single Grain Cereals	15.0	g	12.0	
	Yummy Tasty Paste	30.0	g	12.0	

Entry Editor

Food Name: Yummy Tasty Paste Serving Amt: 30.0 Units: g Serving Tsp: 12.0 Control:

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Editing a Conversion Helper entry works much the same as editing any other kind of data in BabyFeedingLog.

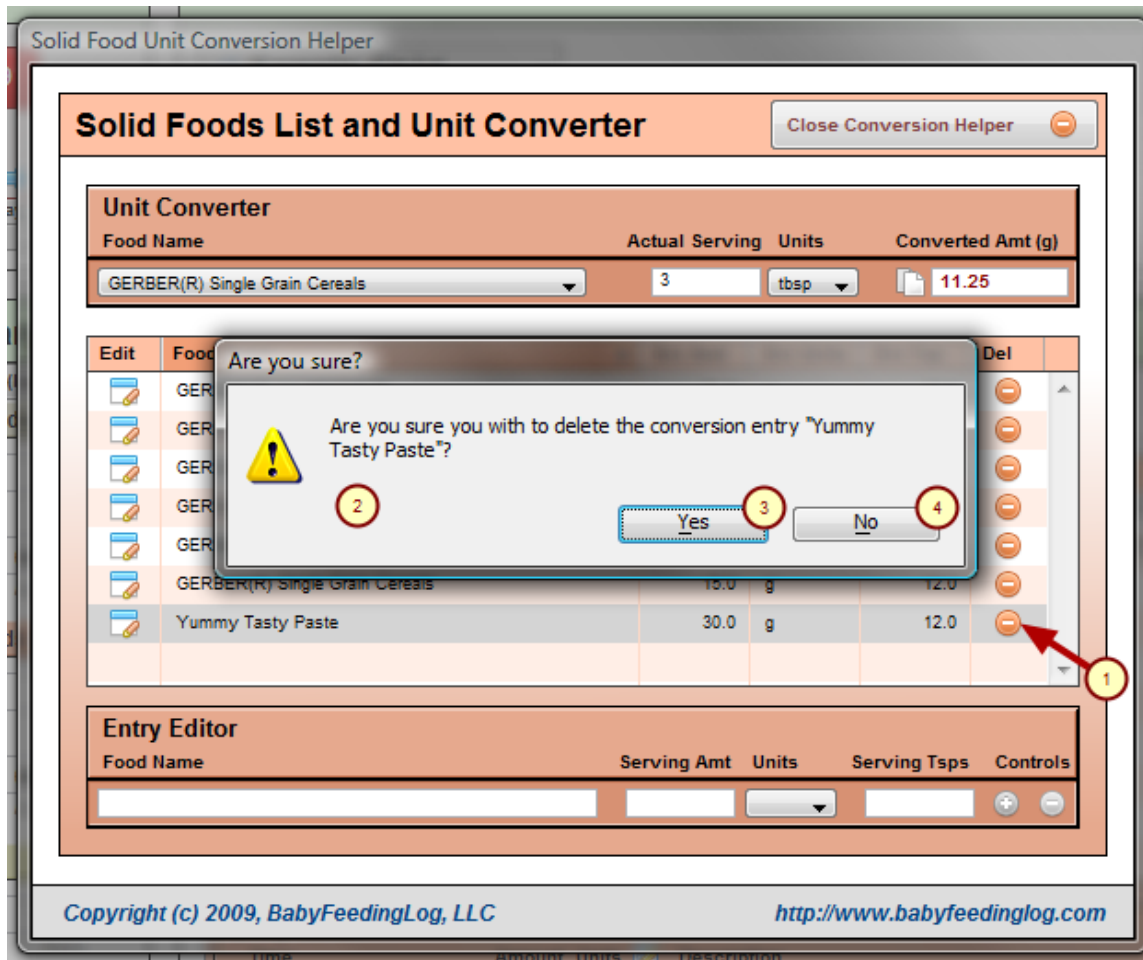
1. Start by clicking the Edit button of the line you wish to change. The edit button is a white box icon with a blue top and a yellow pencil laying across its bottom-right corner. The information for that line will be loaded into the Entry Editor, and the editor itself will visibly flash twice.

2-5. Change these fields as desired.

6. When you are satisfied with your changes, click the green "plus" control button to post your changes to the list. If the green button does not seem to activate even though you have changed something, try going to one of the text fields and hitting your Tab key, or re-selecting the units pull-down item to "nudge" the system into recognizing that you've made changes.

7. If you wish to cancel your changes, click the red "minus" control button at the right-hand end of the Entry Editor.

Removing a Food Conversion Entry



Removing a Conversion Helper entry works much the same as removing data found in the Daily Overview.

1. Click the red "minus" button in the Del column on the line you wish to delete. The Del column is on the right-hand end of each line.
2. BabyFeedingLog will ask you if you are sure.
3. If you are sure, click the Yes button. BabyFeedingLog will delete the selected entry and reload the foods list.
4. If you do not want to delete that item, click the No button. No record will be removed.

Performing a Conversion and Using the Results

Solid Food Unit Conversion Helper

Close Conversion Helper

Solid Foods List and Unit Converter

Unit Converter

Food Name: GERBER(R) 2nd FOODS(R) Glass Jars (1)

Actual Serving: 3 (2)

Units: tbsp (3)

Converted Amt (g): 42.38 (4)

Edit	Food Name	Srv Amt	Srv Units	Srv Tsp	Del
	GERBER(R) 1st FOODS(R)	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) "Meat & Gravy" Glass Jars	71.0	g	13.5	
	GERBER(R) 2nd FOODS(R) Glass Jars	113.0	g	24.0	
	GERBER(R) 2nd FOODS(R) Plastic Tubs	99.0	g	21.0	
	GERBER(R) 3rd FOODS(R) Glass Jars	170.0	g	38.0	
	GERBER(R) Single Grain Cereals	15.0	g	12.0	

Entry Editor

Food Name:

Serving Amt: Units: Serving Tsp: Controls:

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The main point of the Conversion Helper is, of course, to help you convert various serving sizes of solid foods you're giving to your child into a single, standardized unit and system of measure, that being that all solid foods be measured by weight as expressed in grams (g). This allows BabyFeedingLog to be able to properly calculate totals, averages and such for any solid feeds you've entered. All of the previous steps of adding, changing and removing foods are necessary for doing unit conversions properly.

The illustration above shows a completed conversion for a serving of 3 teaspoons of a Gerber(R) 2nd Foods (R) as packaged in glass jars. Three teaspoons of that particular food type works out to 42.38 grams.

1. To begin a conversion, first pick the particular food you're working with from the pull-down menu on the left end of the Unit Converter bar, near the top of the Conversion Helper window. If the food you're working with isn't listed, but there is a food with identical statistics, you can choose that food instead.
2. Enter the **number** of teaspoons/tablespoons/etc that was served. Enter only the number, you will select the units of measure in the next step.

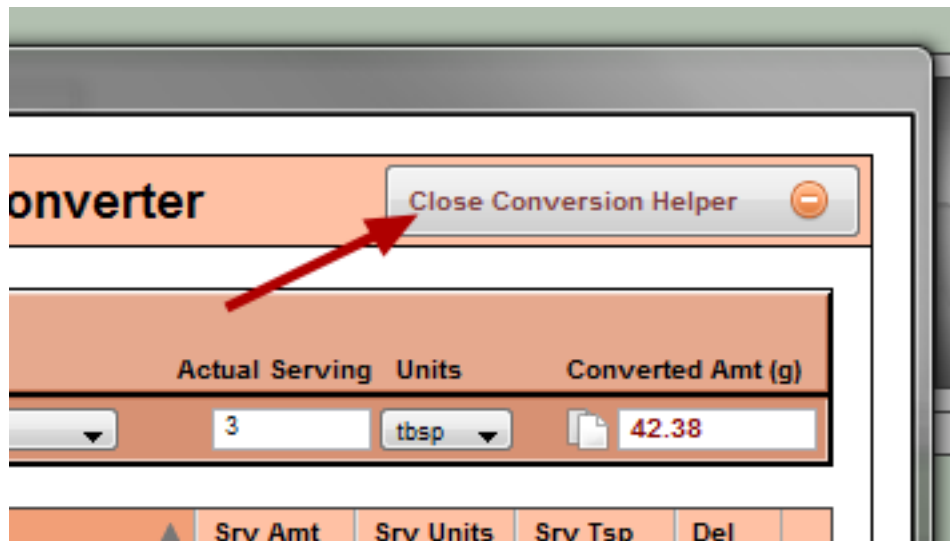
3. Select the units of measure for the serving. Most of the time, this will be either teaspoons or tablespoons.

4. The converted amount, in grams, will appear in the field at the right-hand end of the Converter bar. The field will visibly flash twice and the "copy" button will enable itself.

You can now simply remember this number, or...

5. Click the "copy" button to copy the converted value to the clipboard. The value will now be on the system's clipboard, which you can later paste into the Entry Editor of an actual Solid Feed entry (after closing the Conversion Helper)

Don't Forget...



When you are done using the Conversion Helper, click the close button in the upper right. You will not be able to use any other part of BabyFeedingLog until you close the Conversion Helper.

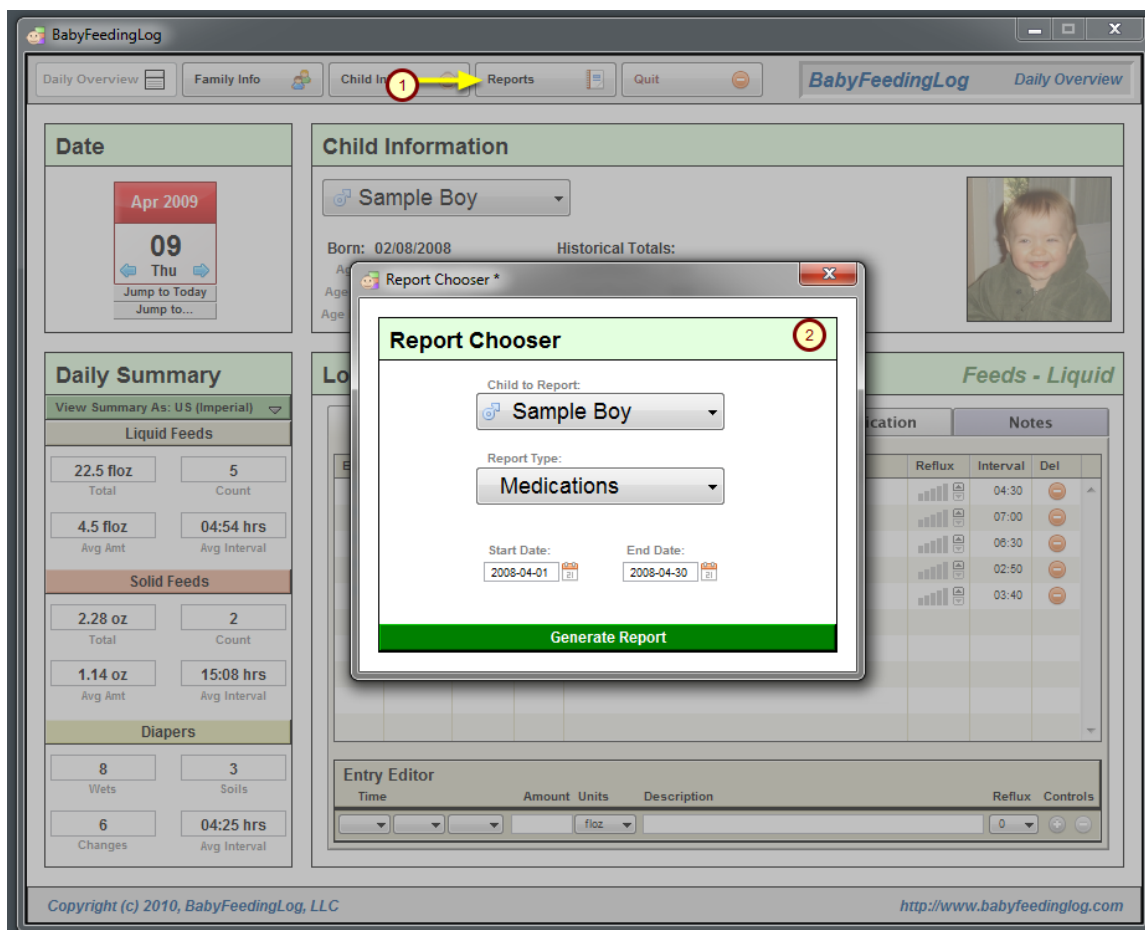
Printing Reports

BabyFeedingLog allows you to print reports of nearly all of the information you record. The one major exception is that notes cannot be printed as a report. Also, you cannot print a report of the historical analysis information shown in the Child Information manager.

The printed reports allow you to look at long-term trends more easily, and more importantly, allow you to bring your BabyFeedingLog records with you to your child's doctor when needed, without lugging around a laptop or netbook.

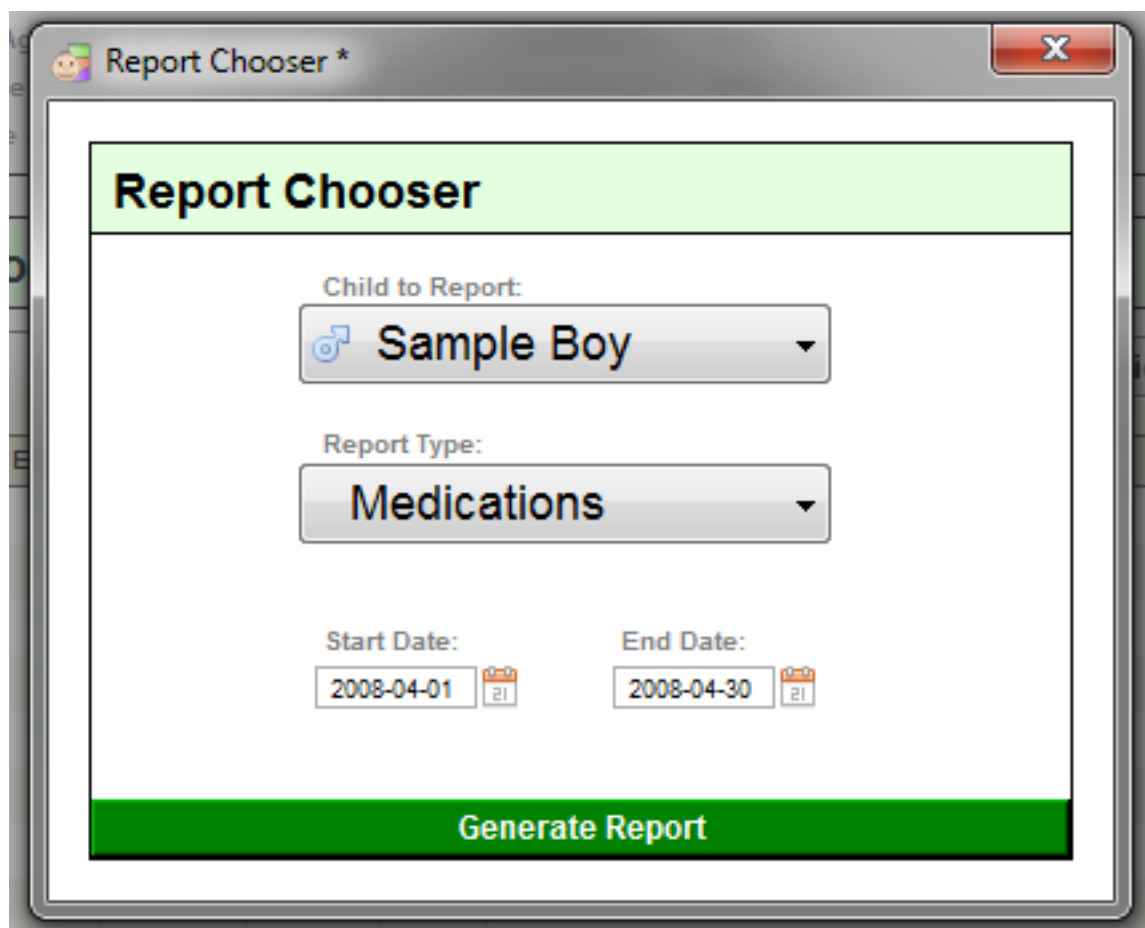
Printing reports is extremely simple, and is detailed in the following lessons.

At a Glance: The Reports Chooser



The Report Chooser can be accessed from its button in the header area (1), which is available throughout BabyFeedingLog. Once clicked, the Report Chooser mini-window will open (2) and the main screen behind it will be "greyed out" and unusable.

Printing a Report

The image shows a software window titled "Report Chooser *". Inside the window, there is a green header bar with the text "Report Chooser". Below this, there are two dropdown menus. The first is labeled "Child to Report:" and has "Sample Boy" selected. The second is labeled "Report Type:" and has "Medications" selected. Below these are two date fields. The first is labeled "Start Date:" and shows "2008-04-01" with a calendar icon. The second is labeled "End Date:" and shows "2008-04-30" with a calendar icon. At the bottom of the window is a large green button labeled "Generate Report".

Printing a report is very easy. Simply click the Reports button in the header area as described in the "At a Glance" section, then follow these simple steps:

- 1) Choose a child to report about.
- 2) Choose a report type to print.

There are 7 report types: Liquid Feeds, Solid Feeds, Diapers, Medications, Firsts, Vitals and Vaccinations.

3 & 4) OPTIONAL - choose a date range for the report by clicking the calendar picker button for each field and choosing an appropriate date on the calendar picker mini-window.

These 2 date fields are only considered optional for the last 3 report types (Firsts, Vitals and Vaccinations). If you chose one of those 3 types, the date fields and calendar picker buttons will "grey out" and become disabled, and a text message of "DATE IGNORED" will be shown below each field. These three reports will always print the entire data history. The other 4 report types, which are based on daily logging data, **require** a date range to be chosen.

5) Click the green "Generate Report" button at the bottom of the chooser to create the report.

If you have not entered/chosen enough field entries, the Generate Report button will be "greened-out" and disabled. You will not be able to use it until enough data has been entered for the chosen report type, as described in item "3 & 4" of this section.

If you have chosen entries which result in no data to report, and error message will be displayed to that effect, and no report will be generated. You will be returned to the Report Chooser once you dismiss the error message.

If there is data to report, then once generated the report will display in a preview window, which you can print using the provided Print button in the upper right of that preview window or dismiss by closing the window in the usual method for your operating system.

That's all there is to printing reports! Once you are done printing, simply close the Report Chooser mini-window using the usual method for your operating system.

Getting Help

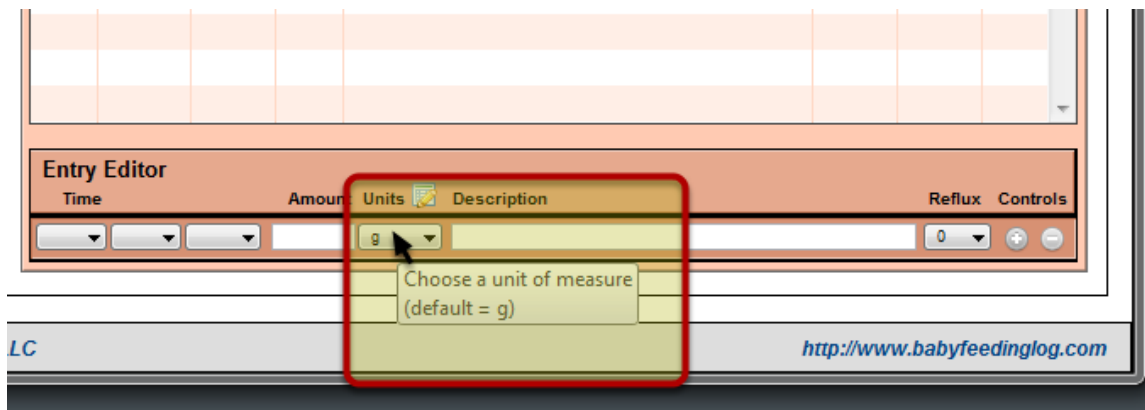
In-Program Help

The best way to get help using BabyFeedingLog is by reviewing this manual. However, we realize that not everyone will Read The Fine Manual, so BabyFeedingLog does contain a limited amount of in-program help.

Please note that **there is no dedicated help system inside BabyFeedingLog**. You will not find a "Help" menu or button anywhere.

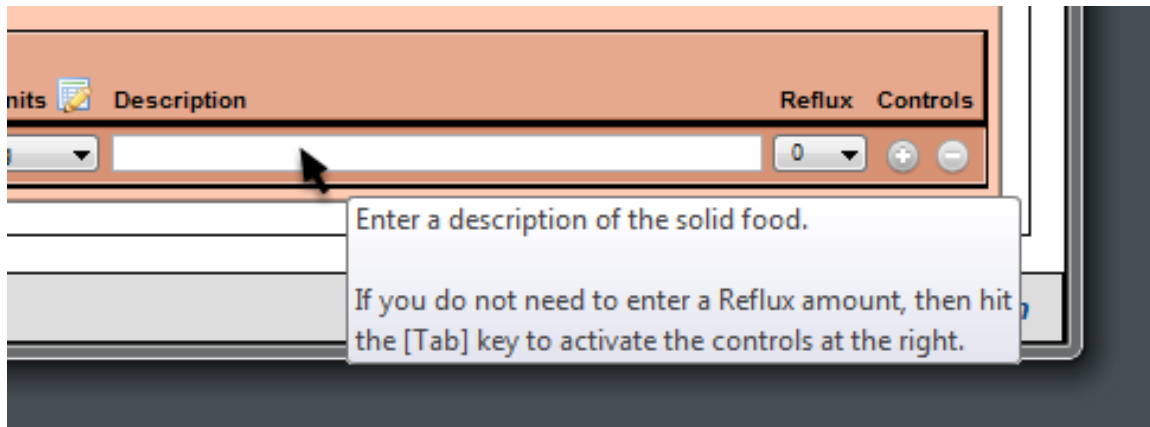
Instead, we provide "tooltips" on nearly everything that can be clicked or typed-into. If you are unfamiliar with "tooltips," a short definition is that a tooltip is a small, usually brief message that appears on the screen when you hover your mouse for a moment over a particular item without moving. Tooltips typically display for only a few seconds and then disappear on their own, or if you move the mouse. Examples are in the following short diagrams:

Sample Tooltip: On Buttons



Here is an example of a typical "tooltip," shown in the highlight box. In this example, the user is hovering the mouse over the Units pull-down menu in the Entry Editor for the Feeds - Solid tab. After hovering for a moment, a little box appears which instructs the user to "Choose a unit of measure (default = g)". Thus, the user has a clear idea what this button is for and what to do with it.

Sample Tooltip: On a Field



Here is another sample tooltip, this time on a field. In this case, the user is hovering the mouse over the Description field in the Entry Editor for the Feeds - Solid tab. After hovering for a moment, a little box appears which instructs the user to "Enter a description for the solid food" and some information about the following Reflux pull-down menu. Thus, the user has a clear idea what this field is for and what to do with it.