

Baby's Daily Breastfeeding Log

Explanation & Sample

Keeping a daily log of your baby's feedings, wet diapers, and bowel movements can help you tell that your breastfeeding is going well. Compare your baby's patterns with the breastfeeding and diaper guidelines below to know whether you should seek help with breastfeeding.

How to use the chart:

- Enter the date and time each feeding started.
- Check the box for which breast each feeding started.
- Each time your baby has a wet and dirty diapers check a "pee" and/or "poop" box.
- Use the "Feeding" column to track the number of feeds in a 24 hour period.
- Use the "Notes" section to record any concerns or special things that happened during that feeding.

Breastfeeding and diaper guidelines:

- Breastfeed every time your baby show signs of hunger (e.g., making sucking motions with mouth, bringing hand to mouth, fidgeting).
- Newborn babies should breastfeed at least 8 times every 24 hours.
- Feeding at both breasts should take 20-40 minutes, but can be longer or shorter.
- By Day 3, your breastfed baby should have at least 3 stools the size of a quarter or larger each day.
- By Day 5, your breastfed baby should have at least 4 loose, yellow, seedy stools each day.
- Newborns should have at least 6 wet diapers with pale yellow urine each day by the 5th day of life.
- Call your baby's healthcare provider if your baby is not eating enough or is not having the appropriate number of wet or dirty diapers each day.

Sample:

Feeding	Date	Time	Started on		Diaper Changes	Notes
			Left Breast	Right Breast		
1	10/21/09	2:45 am	✓		<input checked="" type="checkbox"/> Pee <input checked="" type="checkbox"/> Poop	Hand expressed after feeding
2	"	4:30 am		✓	<input type="checkbox"/> Pee <input checked="" type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	

