

Day 4 (4th 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal
Breastfeedings													8-12+
Wet Diapers (clear/pale yellow)													3-5+
Soiled Diapers (greenish to yellow)													3-4+
Day 5 (5th 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal
Breastfeedings													8-12+
Wet Diapers (clear/pale yellow)													4-6+
Soiled Diapers (yellow, seedy)													3-4+
Day 6 (6th 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal
Breastfeedings													8-12+
Wet Diapers (clear/pale yellow)													4-6+
Soiled Diapers (yellow, seedy)													3-4+

Helpful Tips

1. Ideally, feeding should begin with the baby skin-to-skin. If you do not hear your baby swallowing, ask the nurse for help.
2. Let your baby breastfeed until he/she ends the feeding. You CAN'T nurse too often. You CAN nurse too little.
3. A breastfed baby's poop is normally loose and unformed and will change colors in the first several days. It should be yellow by day four. It may appear seedy and watery.
4. Your baby is probably getting enough to eat in his 1st week if he is meeting the goals for the # of daily breastfeedings and wet/dirty diapers and regains his birth weight by day 10-14.
5. If you have questions about how to use this log, please ask your nurse. If your baby is not meeting the goals, call your doctor and **The Warm Line 1-800-711-7011.**

Questions for Provider

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