Breastfeeding Log



Baby's Name:	Birth Weight:				Instructions								
								1. The	start dav/t	time shoul vas born: ı	d be the d	ay/	
Birth Date/Time:				Discharge Weight:				time your baby was born; use this log for an entire week. 2. The shaded boxes are the daily goals					
								that must be met for your baby.					
Day 1 (1st 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal	
Breastfeedings												6+	
Wet Diapers (pale yellow)												1	
Soiled Diapers (black tarry)												1	
Day 2 (2nd 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal	
Breastfeedings												8-12+	
Wet Diapers (pale yellow)												2	
Soiled Diapers (black tarry)												2	
Day 3 (3rd 24 Hours)	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Time	Goal	
Breastfeedings												8-12+	
Wet Diapers (pale yellow)												3-5+	
Soiled Diapers (greenish)												3-5+	

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