

## Breastfeeding Log Instructions

### To begin the log:

Your nurse or lactation consultant will begin the log by filling in the delivery date, time, and the baby's birth weight.

Beginning with the block labeled 'Delivery Day,' circle the hour that your baby begins to eat. For example, if your baby begins to feed at 10:15 a.m., you would circle the '10.' Do this for each feeding throughout the day, and then count the number of feedings for the whole day. The first few days, because newborns are often very sleepy, we expect about 6-8 feedings per day. Beginning on the third day, babies need to nurse more frequently, usually 8-12 times each day.

Each time you change your baby's diaper, circle a 'W' if the diaper is wet and an 'S' if the diaper is soiled. The minimum number of diapers to expect each day is printed in each block, but you can add 'W's and 'S's if your baby has more diapers. More diapers indicate that your baby is getting plenty of milk.

Continue to use the log until you feel confident that your baby is getting enough milk and gaining an appropriate amount of weight.

If your baby has fewer wet or soiled diapers than you expect on a given day\*, or if you are having any other problems with breastfeeding your baby, please call your pediatrician or the lactation line.

Note: When your milk first comes in (days 3-5), your baby may not have quite as many bowel movements as is indicated on the chart. The baby may be getting full on the watery foremilk, and not getting as much of the rich hindmilk, due to the initially large volume of milk. Give the baby a day or so to catch up, but call for assistance if you don't notice the number of soiled diapers increasing.

# Daily Breastfeeding Log

Baby's birth date: \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_  
 Time baby was born: \_\_\_ AM / \_\_\_ PM  
 Baby's birth weight: \_\_\_ lbs. / \_\_\_ oz.  
 7% Loss \_\_\_\_\_  
 10% Loss \_\_\_\_\_  
 (Gain of 5 ounces/week.  
 Back to Birthweight by Day 10.)

Instructions:  
 Circle the hour when your baby begins to feed.  
 Circle the **W** when your baby has a wet diaper.  
 Circle the **S** when your baby has a soiled diaper (stool).

Delivery Day (Feeding goal: 6-8 times) Today's Weight: \_\_\_\_\_

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W**  
 Black Tarry Stool **S**

Day 4 (Feeding goal: 8 or more times) Today's Weight: \_\_\_\_\_

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W** **W** **W**  
 Yellow, Seedy Stool **S** **S** **S**

Day 1 (Feeding goal: 6-8 times) Today's Weight: \_\_\_\_\_

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W**  
 Black Tarry Stool **S** **S**

Day 5 (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W** **W** **W**  
 Yellow, Seedy Stool **S** **S** **S**

Day 2 (Feeding goal: 6-8 times or more) Today's Weight: \_\_\_\_\_

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W**  
 Black/Brown Stool **S** **S** **S**

Feeding frenzy!

Day 6 (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W** **W** **W**  
 Yellow, Seedy Stool **S** **S** **S**

Day 3 (Feeding goal: 6-8 times or more) Today's Weight: \_\_\_\_\_

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W** **W**  
 Green Stool **S** **S** **S**

Day 7 (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper **W** **W** **W** **W**  
 Yellow, Seedy Stool **S** **S** **S**



Your baby may have more wet or soiled diapers than printed on each day above. **If your baby has fewer feedings or diapers than the number printed, call your baby's doctor and/or the Lactation Line.**

# Daily Breastfeeding Log

This is an additional log to continue keeping track of your baby's feedings.

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S



# Daily Breastfeeding Log

This is an additional log to continue keeping track of your baby's feedings.

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

Day \_\_\_\_ (Feeding goal: 8 or more times)

AM	PM
12 1 2 3 4 5 6 7 8 9 10 11	12 1 2 3 4 5 6 7 8 9 10 11

Wet Diaper  W  W  W  W  W

Yellow, Seedy Stool  S  S  S

