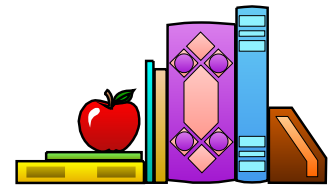


Breastfeeding Diary



Start diary on morning after discharge from hospital.

Goals: 8-12 feeds – 5-6 good wet diapers – 3-5 stools (size: a “poop you can scoop”) by day 4.

Day 1 at home (Check mark for each wet and/or poopy diaper)

Feeds (note time baby fed)	Stools	Wets	Other:

Total Feeds:	Total:	Total:	

Day 2 at home

Feeds (note time baby fed)	Stools	Wets	Other:

Total Feeds:	Total:	Total:	

Day 3 at home

Feeds (note time baby fed)	Stools	Wets	Other:

Total Feeds:	Total:	Total:	

Day 4 at home

Feeds (note time baby fed)	Stools	Wets	Other:

Total Feeds:	Total:	Total:	

1. Don't allow baby to sleep for long periods of time until the baby is gaining weight or is back up to birth weight, your milk is in and you have a robust supply. Use skin to skin to wake the baby – undress him about ½ hour before you want to nurse him if you find he is not breastfeeding frequently enough.

2. Look at the total number of feeds/24 hours, not the interval between the feeds. Length of time at the breast doesn't matter – as long as baby is latched well and is staying on the breast with nutritive sucking and swallowing.

