

# FIRST WEEK BREASTFEEDING LOG

All new mothers wonder if their baby is getting enough milk while breastfeeding. This log allows you to track the number of feedings, and your baby's output. If your baby is reaching the goals each day – relax, this is a good indication they are getting enough milk!

- Circle the hour that your baby nurses.
- Cross out a W when your baby has a wet diaper.
- Cross out a BM when your baby has a bowel movement.

Birth Date: \_\_\_/\_\_\_/\_\_\_ Time: \_\_\_\_\_ am/pm

## DAY ONE (goal: 6-8 feedings)

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 soiled diaper    BM

## DAY TWO (goal: 6-8 feedings)

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 soiled diaper    BM        BM

## DAY THREE (goal: 8-12 feedings)

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

Brown/Green soiled diaper    BM        BM

## DAY FOUR (goal: 8-12 feedings)

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

Brown/Yellow soiled diaper        BM    BM    BM

## DAY FIVE (goal: 8-12 feedings)

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 soiled diaper        BM    BM    BM

## DAY SIX (goal: 8-12 feedings)

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    W

YELLOW soiled diaper        BM    BM    BM    BM

## DAY SEVEN (goal: 8-12 feedings)

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    W

YELLOW soiled diaper        BM    BM    BM    BM

It is OK for your baby to have more output than suggested above. Call your lactation consultant, volunteer breastfeeding counselor, or pediatrician if your baby has fewer diapers than the log suggests.

## BREASTFEEDING CHECKLIST

If you answer “yes” to each of these questions when your baby is one week old, then you know that breastfeeding is going well. If you answer “no” to any of these questions, call your baby’s doctor, a Board Certified Lactation Consultant, or the Nursing Mothers Helpline (215-572-8044). Getting help early is best for an enjoyable breastfeeding experience.

- ✓ Did your breast get full between days 3 and 5 postpartum?
- ✓ Do you hear your baby swallowing at the breast?
- ✓ Does your baby have at least 5-6 wet diapers and at least 3-4 yellow, seedy stools each day?
- ✓ Are your breasts and nipples feeling comfortable?
- ✓ Is your baby’s hunger satisfied after feedings?
- ✓ Are you enjoying breastfeeding?

Please note: It is very common for babies to experience a “feeding frenzy” just before the milk supply increases. This is typical newborn behavior at about two to three days old. Continue to offer the breast as often as the baby needs. Your baby knows that the more he nurses, the more milk he will make!

# BREASTFEEDING LOG FOR BABY’S FIRST WEEK OF LIFE



Breastfeeding  
Resource Center  
[www.BRC4babies.com](http://www.BRC4babies.com)