

Breastfeeding Log:

Circle the **hour** when your baby nurses
Circle the **W** when your baby has a wet diaper
Circle the **S** when your baby has a soiled/stool diaper

*****Attempt to nurse 8-12 times per 24 hour period*****

Day 1:

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 S+

Day 2:

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 diapers W W+
Green-Brown Soiled diapers S S+

Day 3:

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 diapers W W W+
Green Soiled diapers S S S+

Day 4:

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 diapers W W W W+
Green-yellow soiled diapers S S S S+

Day 5:

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 diapers W W W W W+
Yellow soiled diapers S S S S +

Day 6:

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 diapers W W W W W W+
Yellow soiled diapers S S S S +

Day 7:

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 diapers W W W W W W+
Yellow soiled diapers S S S S +

More is always better. But if your baby has less wet and or soiled diapers than listed on the log please call your pediatrician. This log is designed for the well, full-term newborn.

Breastfeeding Checklist:

When your baby is one week old you should be able to answer "YES" to each of these questions. If you answer no to any of these questions, please call your pediatrician or lactation consultant.

- Are you enjoying breastfeeding?
- Is your baby getting ONLY breastmilk? (no formula or water)
- Does your baby breastfeed at least 8 times in a 24 hour period?
- Does your baby finish the first breast before you offer the other side?
- Is your baby acting content after the feeding?
- Are your breasts and nipples comfortable?

- Are you able to rest or nap during the day when your baby sleeps?
- Does your baby have at least 6 VERY wet diapers each day?