

# Lactation Department

770-991-8014

## Breastfeeding Log

While breastfeeding you should eat a well balanced diet just like when you were pregnant. It is not necessary to alter your diet. Very few babies have problems with the foods that mothers eat. Eat things in moderation and limit caffeine to no more than two servings per day.

- Your body uses extra calories while nursing so avoid crash dieting.
- Drink if you are thirsty. If your urine is pale yellow you are most likely drinking enough.
- Continue to take your prenatal vitamins and iron as prescribed by your healthcare provider.
- Avoid all medications and alcohol unless approved by your healthcare provider.

Keeping this daily log of breastfeeding will be helpful for you and your pediatrician. Bring it with you when you and your baby go in for your first visit.

<b>DAY 1</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Attempt every 2-3 hours
Wet Diaper																									1 or more wet diapers
Stools																									1 or more black tarry stools

*Feed your baby immediately after birth. Newborns are very sleepy and need stimulation to awaken.*

<b>DAY 2</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses on demand, at least 8 times
Wet Diaper																									2 or more wet diapers
Stools																									2 or more black/green stools

*Allow your baby to nurse as long as desired on one breast. When baby removes himself offer the other breast.*

<b>DAY 3</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8 times or more
Wet Diaper																									3 or more wet diapers
Stools																									2 or more black/green stools

*Encourage your baby to nurse at least 10 to 15 minutes but do not stop if he wants to nurse longer*

<b>DAY 4</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Remember, both you and your baby must learn to breastfeed.*

# Breastfeeding Log

<b>DAY 5</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Getting your milk supply established takes time. Don't get discouraged.*

<b>DAY 6</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*If your baby does not nurse 8-12 times, have at least 6 wet diapers and several dirty diapers, notify your pediatrician.*

<b>DAY 7</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Alternate breasts at each feeding.*

<b>DAY 8</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Burp baby after each breast offered.*

<b>DAY 9</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Vary your breastfeeding positions.*

# Breastfeeding Log

<b>DAY 10</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Make sure baby latches on correctly to avoid sore nipples.*

<b>DAY 11</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Apply breastmilk to the nipple and allow to air-dry after nursing.*

<b>DAY 12</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Relax and enjoy your baby.*

<b>DAY 13</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Breastfeeding works on supply and demand; if baby is feeding very often the breast will make more milk.*

<b>DAY 14</b>	Midnight	1:00 a.m.	2:00 a.m.	3:00 a.m.	4:00 a.m.	5:00 a.m.	6:00 a.m.	7:00 a.m.	8:00 a.m.	9:00 a.m.	10:00 a.m.	11:00 a.m.	NOON	1:00 p.m.	2:00 p.m.	3:00 p.m.	4:00 p.m.	5:00 pm	6:00 p.m.	7:00 p.m.	8:00 p.m.	9:00 p.m.	10:00 p.m.	11:00 p.m.	<b>Goals</b>
Audible Swallow																									Nurses 8-12 times
Wet Diaper																									6 or more wet diapers
Stools																									3 or more yellow seedy stools

*Breastfeeding is the best start you can give your baby.*