

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.

DAY 1	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.	Goals
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.

DAY 2	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.	Goals
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.

DAY 3	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.	Goals
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

DAY 4	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.	Goals
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

DAY 5	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.	Goals
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.

DAY 6	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.	Goals
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.

DAY 7	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.	Goals
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.

DAY 8	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.	Goals
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.

DAY 9	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.	Goals
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

DAY 10	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.	Goals
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.

DAY 11	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.	Goals
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.

DAY 12	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.	Goals
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.

DAY 13	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.	Goals
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.

DAY 14	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.	Goals
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.