



BREASTFEEDING DIARY

Learning how to breastfeed and care for your new baby can be a challenging experience for a new family. Many mothers are unsure if the baby is getting enough to eat. Relax, you are not alone!

The following guideline should help you.

By the time breastfed babies are four days old, they should be:

- Nursing 8-12 times in 24 hours
- Actively sucking for about 10 minutes with visible jaw movements
(Watch near the baby’s ear, you should see a “wiggle” type movement)
- Swallowing with every suck or every other suck
- Having a minimum of 6 wet diapers in 24 hours
- Passing at least 2-3 seedy yellow bowel movements in 24 hours
- Softening the breast with feedings

Sometimes it is difficult to keep track of feedings and diaper changes. The following chart may help you follow the bay’s activities.

DATE: _____

TIME													
FEEDING (# OF MINUTES)													
SWALLOW?													
WET													
STOOL													

DATE: _____

TIME													
FEEDING (# OF MINUTES)													
SWALLOW?													
WET													
STOOL													

DATE: _____

TIME													
FEEDING (# OF MINUTES)													
SWALLOW?													
WET													
STOOL													

DATE: _____

TIME													
FEEDING (# OF MINUTES)													
SWALLOW?													
WET													
STOOL													