

Breastfeeding & Diaper Log

Keeping a daily log of your baby’s feedings, wet diapers, and bowel movements can help you tell that your breastfeeding is going well. Compare your baby’s patterns with the breastfeeding and diaper guidelines below to know whether you should seek help with breastfeeding.

How to use the chart:

- Use the “Feeding” column to track the number of feeds in a 24-hour period.
- Enter the date and time each feeding started.
- Check the box to indicate which breast each feeding started on.
- Each time your baby has a wet and/or dirty diaper, check a “pee” and/or “poop” box.
- Use the “Notes” section to record any concerns or special things that happened during that feeding.

Breastfeeding and diaper guidelines:

- Breastfeed every time your baby show signs of hunger (e.g., making sucking motions with mouth, bringing hand to mouth, fidgeting).
- Newborn babies should breastfeed about 8-12 times every 24 hours.
- By Day 5, your breastfed baby should have at least 4 loose, yellow, seedy stools the size of a quarter or larger each day.
- By Day 5, newborns should have at least 6 wet diapers with pale yellow urine each day.
- Call your baby’s healthcare provider if your baby is not eating enough or is not having the appropriate number of wet or dirty diapers each day.

Sample:

Feeding/ Day	Date	Time	Started on		Diaper Changes	Notes
			Left	Right		
1	8/21/16	2:45 am	✓		<input checked="" type="checkbox"/> Pee <input checked="" type="checkbox"/> Poop	Hand expressed after feeding
2	"	4:30 am		✓	<input checked="" type="checkbox"/> Pee <input type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	
					<input type="checkbox"/> Pee <input type="checkbox"/> Poop	
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