

My first week: Daily breastfeeding log

1. Breastfeeding goal: 8 to 12 breastfeeds every 24 hours (at least every 2 to 3 hours—from the start of one feeding to the start of the next).
2. Write down the times of day when your baby breastfeeds.
3. Circle the **W** when your baby has a wet diaper, circle the **S** when your baby has a stool diaper. It is okay if your baby has more wet and soiled diapers than listed. Contact your pediatrician or lactation consultant if your baby has fewer wet or stool diapers than the number on this log.

Baby's date of birth: _____ Time of birth: _____ Baby's birth weight: _____

Birth to 24 hours: Colostrum ("learning milk")

Feeding times: _____

Wet diaper **W**

Black tarry stool diaper **S**

24 to 48 hours: A little more colostrum

Feeding times: _____

Wet diapers **W W**

Brown tarry stool diapers **S S**

48 to 72 hours: Even more learning milk—breastfeed a lot today to prevent engorgement!

Feeding times: _____

Wet diapers **W W W**

Green stool diapers **S S S**

Day 4: More milk is on the way—keep up the good work!

Feeding times: _____

Wet diapers **W W W W W W**

Yellow stool diapers **S S S S**

Day 5: Lots of wet diapers, stools are turning to bright yellow

Feeding times: _____

Wet diapers **W W W W W W**

Yellow stool diapers **S S S S**

Day 6: Many wet diapers and stools; you are hearing swallows from your baby

Feeding times: _____

Wet diapers **W W W W W W**

Yellow stool diapers **S S S S**

Day 7: Congratulations on breastfeeding your baby in the first week of life!

Feeding times: _____

Wet diapers **W W W W W W**

Yellow stool diapers **S S S S**