

# Breastfeeding Log for Baby

**Date of Birth:** \_\_\_\_\_ @ \_\_\_\_\_

**Birth Weight:** \_\_\_\_\_

$$10\% = \underline{\hspace{2cm}}$$

Baby's Age: **0-24 hrs**

Baby's Age: **24-48 hrs**

Baby's Age: **48-72 hrs**

Baby's Age: **72-96 hrs**

## Daily Goals:

8 offerings/feedings  
1 wet, 1 stool (black tarry)

## Daily Goals:

8 to 12 feedings  
2 stools (black to green)

## Daily Goals:

8 to 12 feedings  
3 wets, 3 stools (black to green)

## Daily Goals:

8 to 12 feedings  
4-6 wets, 3+ stools (green to yellow)

## How to Wake a Sleepy Baby:

- Remove infant's blanket and clothing to change their diaper
- Place infant skin to skin and chest to chest with mother in a semi-reclined position
- Massage infant's back, abdomen, arms and legs

## Feeding Cues:

- Sucking movements or sounds
- Hand to mouth movements
- Rapid eye movement
- Soft cooing or sighing sounds
- Restlessness
- Crying is a late feeding cue