

Breastfeeding Log for Baby

Date of Birth: _____ @ _____

Birth Weight: _____

10% = _____

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

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

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

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

| Time | Feeding | Diapers | Time | Feeding | Diapers | Time | Feeding | Diapers | Time | Feeding | Diapers |
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Daily Goals:

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

Daily Goals:

8 to 12 feedings
2 wets, 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