

DAILY BREASTFEEDING LOG

First Week

Circle every hour when your baby starts a nursing.

Circle the **W** when your baby has a **wet** diaper.

Circle the **S** when your baby has a **soiled** (poopy) diaper.

Birth Date: ____/____/____ Birth Time: ____:____ AM PM

Birth Weight _____ Hospital Discharge Weight _____

- Attempt the first nursing as soon after birth as possible, at least during the first hour.
- Use good latching technique (tickle lips, mouth open WIDE, both lips flanged out, etc.) every time you nurse! Always take baby off and re-latch if it isn't right.
- Don't worry if baby is uninterested the first few times you try to nurse (very normal)
- Insist that baby be given NO ARTIFICIAL NIPPLES (bottles, pacifiers, nipple shields)
- Allow baby unlimited time at the breasts when sucking actively.
- Put baby to breast at first signs of hunger (stirring, rooting, hands in mouth) -- don't wait until baby is crying, which is a late hunger cue.

First 24 hours																					GOAL			
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	6 to 8
Wet Diaper																		W	1					
Black tarry soiled diaper																		S	1					

Second 24 hours																					GOAL			
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	6 to 8
Wet Diapers																		W	W	2				
Brownish/black tarry soiled diapers																		S	S	2				

Third 24 hours																					GOAL			
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet Diapers																		W	W	W	3			
Brownish/Greenish soiled diapers																		S	S	S	3			

Fourth 24 hours																					GOAL			
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet Diapers																		W	W	W	W	4		
Yellow soiled diapers																		S	S	S	3			

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Fifth 24 hours																						GOAL		
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet Diapers																		W	W	W	W	W	5	
Yellow soiled diapers																		S	S	S	3			

Sixth 24 hours																						GOAL		
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet Diapers																		W	W	W	W	W	W	6
Yellow soiled diapers																		S	S	S	S	4		

Seventh 24 hours																						GOAL		
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet Diapers																		W	W	W	W	W	W	6 to 8
Yellow soiled diapers																		S	S	S	S	S	S	4 to 12

- Be deliberate about waking baby for feeds, with a maximum of 3 hours between feedings.
- Your milk should start “coming in” (changing from colostrum to mature milk) between days 2 and 5. Take care to prevent engorgement by feeding even more often and using cold compresses between feedings and moist heat just before a feeding to decrease discomfort.
- If baby is having trouble latching onto an engorged/hard breast, express or pump until nipple is soft, then try again to latch. Be sure to empty (soften) both breasts a minimum of every 3 hours during this first week.
- Some newborns sleep all the time when not nursing. Don't worry if your baby does this.
- It's OK for baby to nurse more than 12 times each day, and to have more wet diapers or more soiled diapers. You CAN'T nurse too often. You CAN nurse too little. Call your Lactation Consultant or Pediatrician if you have fewer than the numbers on this log.

Breastfeeding Warm Lines

Mothers may call any of these numbers with questions or concerns about breastfeeding. Support groups are also available through many of these hospitals.

Kent County Hospital	737-7000 x3332	Lactation consultant will return call.
Newport Hospital	845-1110	24-hour call-in assistance is available.
South County Hospital	782-8020 x1226	Lactation consultant will return call.
Westerly Hospital	348-2220	24-hour call-in assistance is available.
Woman & Infants Hospital	1-800-711-7011	Mon. – Fri. 9am -9pm / Sat. & Sun 9am – 5pm (Leave a message and a nurse will return your call. Appointments are available for mothers after hospital discharge. Services are provided in English and Spanish.)

La Leche League International **1-800-519-7730** www.lalecheleague.org

Support from other breastfeeding mothers by telephone or at local meetings.