

Breastfeeding Log

GOALS

- ✓ Feed baby every 2-3 hours (from beginning of feed to beginning of the next feed)
or 8 times a day
- ✓ Stimulate breasts for 30 minutes each every 2-3 hours
- ✓ Alert baby, content after feeding with good output – approx. 6-8 wet & stooled diapers

See example of a breast feeding log you can start below.

Date & time	#urine	# stool + colour	BF – time started	BF –R (min)	BF – L (min)	PUMP (min)	EBM ml/oz	Formula ml/oz	Behaviour-content? sleeping?
Day 1			1.						
			2.						
			3.						
			4.						
			5.						
			6.						
			7.						
			8.						
			9.						
			10.						
			11.						
			12.						