

Breastfeeding diary

Use this chart to record information about your baby during the first weeks. Bring this chart with you if you have an appointment with your pediatric provider or lactation consultant. Write down information about breastfeeding sessions, and also about how many wet diapers or bowel movements your baby has. Use the box to the right as a general guide to the number of feedings, wet diapers, and bowel movements you should see as your baby settles into a routine at home. If your baby varies far from this pattern, be sure to call your pediatric provider or lactation consultant for advice.

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Feedings

- Call our lactation office and leave a message: 617-667-5765, or
- Call your baby's health care provider or your obstetric provider, or
- Call one of the following lactation support resources:
 - ✓ Nursing Mother's Council: 617-244-5102
 - ✓ La Leche League: 1-800-525-3243 www.lalecheleague.org
 - ✓ Mass Breastfeeding Coalition: www.massbfc.org
 - ✓ Zipmilk: www.zipmilk.org
 - ✓ www.womenshealth.gov/breastfeeding

General	guidelines for the	breastfed baby		
Day	Size of baby's tummy	Feedings	Wet diapers	Bowel movements
0-1	Cherry	6	2 or more	1 or more black tarry movements
2		8-12	3 or more	2 or more brown tarry movements
3	Walnut 🥯	8-12	3-4 or more	2-3 or more green or yellow movements
4		8-12	4 or more	3 or more yellow movements
5	Apricot	8-12	4-5 or more	3 or more yellow movements
6		8-12	6-8 or more	3 or more yellow movements
7-15		8-12	8 or more	3 or more yellow movements
2-3 weeks	Egg	8-12	8 or more	3 or more yellow movements

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Day 0-1	Time	Notes	Time at right	Time at left	Wet	Soiled
		Day 1, Day 2, etc. refer to your baby's day of				\mathbf{O}
		life. Your baby is born on Day O. Day 1 is the day after your				
		baby's birth. Start using this chart in the hospital,				
		and start on the page that corresponds to your baby's day of				
		life.				

Diaper changes

Feedings Diaper changes

Day 2	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings					Diaper	changes
Day 3	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings					Diaper c	hanges
Day 4	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings	Feedings				Diaper changes			
Day 5	Time	Notes			Time at right	Time at left	Wet	Soiled
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Feedings	Diaper changes

Day 6	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings					Diaper	changes
Day 7	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings	Diaper changes

Day 8	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings						Diaper	changes
Day 9	Time	Notes		Time at right	Time at left	Wet	Soiled
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Feedings	Diaper changes

Day 10	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings					Diaper	changes
Day 11	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings	Diaper changes

Day 12	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings					Diaper	changes	
Day 13	_ Time	Notes		Time at right	Time at left	Wet	Soiled
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Feedings	Diaper changes
	2

Day 14	Time	Notes	Time at right	Time at left	Wet	Soiled
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Feedings						Diaper	changes
Day 15	Time	Notes		Time at right	Time at left	Wet	Soiled
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