

Mom \_\_\_\_\_  
 Baby \_\_\_\_\_  
 DOB \_\_\_\_\_ Time \_\_\_\_\_  
 Weight \_\_\_\_\_

### BREASTFEEDING RECORD



	DATE	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	mid	1	2	3	4	5	#	#	#		
		am	am	am	am	am	am		pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	night	am	am	am	am				am	feed
1																														
	Generally: feed on demand. Some babies sleep long periods on the first day - take advantage by getting ahead on your own sleep.																													
2																														
	Generally: baby likely to be fussy while waiting for milk to come in. Keep feeding on demand at least 8x per day. Use nipple cream.																													
3																														
	Generally: feed on demand, wake a sleepy baby to feed minimally every 3 hours. If jaundiced, sunbathe naked in window. Possible urate crystals in diaper.																													
4																														
	Generally: sleep when baby sleeps. Watch out for those postpartum blues.																													
5																														
	Generally: watch for change in stool colour to yellow, and increase in amount of urine.																													
6																														
	Generally: baby much less fussy once getting creamy breastmilk.																													
7																														
	Generally: gaining 30g (=1 ounce) or more per day																													