



## First Week Daily Breastfeeding Log

- Fill in the start time and day of week in each box.
- The start time should be the time your baby was born and should be the same for each day.
- The day of week should change each day.
- Circle a **B** each time your baby breastfeeds.
- Circle a **W** each time your baby has a wet diaper.
- Circle an **S** each time your baby has a soiled or dirty diaper.
- Circle the plus sign if your baby has more than the daily goal for wet and/or soiled diapers.
- Let your baby breastfeed until he ends the feeding.
- Burp him and offer the other side each time. He may fill up on one breast but you should always offer the other to be sure.
- You CAN'T nurse too often.
- You CAN nurse too little.
- Your baby is probably getting enough to eat in his first week if he is eating the goals for the number of daily breastfeeding's and wet and dirty diapers and regains his birth weight by 1-2 weeks of age.
- A breastfeed baby's poop is normally loose and unformed and will change colors in the first several days.

Day 1 (First 24 hours)

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B +		8-12
Wet Diapers: W +		1+
Soiled Diapers: S +	(Black Tarry Color)	1+

Day 2 (Second 24 hours)

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B +		8-12
Wet Diapers: W +		3+
Soiled Diapers: S +	(Brownish/Black Tarry Color)	3+

Day 3 (Third 24 hours)

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B +		8-12
Wet Diapers: W +		3+
Soiled Diapers: S +	(greenish in color)	3+

Day 4 (Fourth 24 hours)

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B +		8-12
Wet Diapers: W +		4+
Soiled Diapers: S +	(greenish to yellow color)	3+

Day 5 (Fifth 24 hours)

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		4+
Soiled Diapers: S +	(Yellow Color)	3+

Day 6

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 7

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 8

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 9

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 10

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 11

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 12

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 13

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 14

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 15

Start time:	Day of Week:	Goal:
Breastfeeding's: B B B B B B B B B B B B B B B		8-12
Wet Diapers: W +		6+
Soiled Diapers: S +	(yellow color)	3+

Day 16

Start time: Day of Week: Goal:  
Breastfeeding's: B B B B B B B B B B B B B B 8-12  
Wet Diapers: W + 6+  
Soiled Diapers: S + (yellow color) 3+

Day 17

Start time: Day of Week: Goal:  
Breastfeeding's: B B B B B B B B B B B B B B 8-12  
Wet Diapers: W + 6+  
Soiled Diapers: S + (yellow color) 3+

Day 18

Start time: Day of Week: Goal:  
Breastfeeding's: B B B B B B B B B B B B B B 8-12  
Wet Diapers: W + 6+  
Soiled Diapers: S + (yellow color) 3+

Day 19

Start time: Day of Week: Goal:  
Breastfeeding's: B B B B B B B B B B B B B B 8-12  
Wet Diapers: W + 6+  
Soiled Diapers: S + (yellow color) 3+

Day 20

Start time: Day of Week: Goal:  
Breastfeeding's: B B B B B B B B B B B B B B 8-12  
Wet Diapers: W + 6+  
Soiled Diapers: S + (yellow color) 3+

Day 21

Start time:	Day of Week:	Goal:
Breastfeeding's:	B B B B B B B B B B B B B B B	8-12
Wet Diapers:	W +	6+
Soiled Diapers:	S + (yellow color)	3+

Day 22

Start time:	Day of Week:	Goal:
Breastfeeding's:	B B B B B B B B B B B B B B B	8-12
Wet Diapers:	W +	6+
Soiled Diapers:	S + (yellow color)	3+

Day 23

Start time:	Day of Week:	Goal:
Breastfeeding's:	B B B B B B B B B B B B B B B	8-12
Wet Diapers:	W +	6+
Soiled Diapers:	S + (yellow color)	3+

Day 24

Start time:	Day of Week:	Goal:
Breastfeeding's:	B B B B B B B B B B B B B B B	8-12
Wet Diapers:	W +	6+
Soiled Diapers:	S + (yellow color)	3+

Day 25

Start time:	Day of Week:	Goal:
Breastfeeding's:	B B B B B B B B B B B B B B B	8-12
Wet Diapers:	W +	6+
Soiled Diapers:	S + (yellow color)	3+





## Breast Pumping Log

Day 1: (date: _____ )										24 Hour Total	24 Hour Goal
Time of Pumping											Every 2-3 Hours
Minute Pumping											More than 100 Minutes
Minutes of Skin to Skin											More than 60 Minutes
Amount of Milk											Drops 1 ½ ounce

Day 2: (date: _____ )										24 Hour Total	24 Hour Goal
Time of Pumping											Every 2-3 Hours
Minute Pumping											More than 100 Minutes
Minutes of Skin to Skin											More than 60 Minutes
Amount of Milk											More than Day 1

Day 3: (date: _____ )										24 Hour Total	24 Hour Goal
Time of Pumping											Every 2-3 Hours
Minute Pumping											More than 100 Minutes
Minutes of Skin to Skin											More than 60 Minutes
Amount of Milk											More than Day 2

Day 4: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 3

Day 5: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 4

Day 6: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than 18 ounces

Day 7: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 6

Day 8: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 7

Day 9: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 8

Day 10: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 10

Day 11: (date: _____ )											24 Hour Total	24 Hour Goal
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 11

Day 12: (date: _____)											24 Hour Total	24 Hour
Goal												
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 12

Day 13: (date: _____)											24 Hour Total	24 Hour
Goal												
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												More than Day 12

Day 14: (date: _____)											24 Hour Total	24 Hour
Goal												
Time of Pumping												Every 2-3 Hours
Minute Pumping												More than 100 Minutes
Minutes of Skin to Skin												More than 60 Minutes
Amount of Milk												25-30 Ounces