

# Breastfeeding Log – First Two Weeks

Birth Date: \_\_\_ / \_\_\_ / \_\_\_ Birth Time: \_\_\_\_\_ AM / PM  
 Birth Weight: \_\_\_\_\_ Discharge Weight: \_\_\_\_\_  
 Weight: 1 week: \_\_\_\_\_ 2 weeks: \_\_\_\_\_

Day 1.....1 <sup>st</sup> 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		8-12
Wet	W	1
Soiled – black tarry	S	1

Day 2.....2 <sup>nd</sup> 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		8-12
Wet	W W	2
Soiled – brownish/black tarry	S S	2

Day 3.....3 <sup>rd</sup> 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		8-12
Wet	W W W	3
Soiled – greenish (should be getting lighter)	S S S	3

Day 4.....4 <sup>th</sup> 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		8-12
Wet	W W W W	4
Soiled – greenish-yellow to yellow	S S S	3-4

Day 5.....5 <sup>th</sup> 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		8-12
Wet	W W W W W	5
Soiled – yellow	S S S	3-4

Day 6.....6 <sup>th</sup> 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		8-12
Wet	W W W W W	5-6
Soiled – yellow	S S S	3-4

Day 7.....7 <sup>th</sup> 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		8-12
Wet	W W W W W	5-6
Soiled – yellow	S S S	3-4

Directions --

- Circle the closest hour to the beginning of each nursing
- Circle W when your baby has a wet diaper
- Circle S when your baby has a soiled diaper

## Week 2

Day 1		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 2		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 3		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 4		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 5		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 6		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4

Day 7		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		8-12
Wet	W W W W W	5-6
Soiled	S S S	3-4