

Breastfeeding Log

Circle the time of day each time the baby feeds, has a wet diaper or stool. More than the indicated number is fine.

Call your health care provider if you are not meeting the minimums.

<p>Day 1 Feed 8+ times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 Black tarry stools 1 2 3</p>	<p>Day 7 Feed 8 - 12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow stools 1 2 3</p>
<p>Day 2 Feed 8+ times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 Black/brown stools 1 2 3</p>	<p>Day 8 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3</p>
<p>Day 3 Feed 8+ times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 Brown stools 1 2 3</p>	<p>Day 9 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3</p>
<p>Day 4 Feed 8+ times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 Yellow seedy stools 1 2 3 4</p>	<p>Day 10 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3</p>
<p>Day 5 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 Yellow seedy stools 1 2 3 4</p>	<p>Day 11 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3</p>
<p>Day 6 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3 4</p>	<p>Day 12 Feed 8-12 times</p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6 Yellow seedy stools 1 2 3</p>