

# DAILY BREASTFEEDING RECORD

Date of birth \_\_\_\_\_ Time of birth \_\_\_\_\_

Circle the hour (or in between) each time the baby nurses.

Circle one of the **W**'s each time you change a **wet diaper**.

Circle one of the **S**'s each time you change a **soiled diaper**.

DAY  
1

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W			
Soiled diapers (black, tarry stool called meconium)								S			

**GOAL**  
breastfeed as soon as possible

No bottles  
No pacifiers

DAY  
2

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W			
Soiled diapers (black or brown stool)								S S			

**GOAL**  
nurse often:  
8-10 times

no bottles  
no pacifiers

DAY  
3

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W W			
Soiled diapers (yellow, loose stool)								S S			

**GOAL**  
8-10 nursings

breasts feel full as colostrum begins to change to milk

DAY  
4

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W W			
Soiled diapers (yellow, loose stool)								S S S			

**GOAL**  
8-12 nursings

breasts feel full as colostrum changes to milk

DAY  
5

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W W W			
Soiled diapers (yellow, loose stool)								S S S			

**GOAL**  
8-12 nursings

milk is in!

DAY  
6

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W W W W W			
Soiled diapers (yellow, loose stool)								S S S S			

**GOAL**  
8-12 nursings

DAY  
7

AM 6	7	8	9	10	11	12	PM 1	2	3	4	5
						noon					
Wet diapers:								W W W W W W W			
Soiled diapers (yellow, loose stool)								S S S S			

**GOAL**  
8-12 nursings

beginning to feel confident about breastfeeding

Bottles in the first week = the most common reason for breastfeeding to fail.  
Healthy newborns need just breastmilk!

If you circle all the W's and S's for each day, and meet the goal for each day, you'll know that your baby is getting enough breast milk!