

# Feeding Log





# Feeding Log: First 24 Hours

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Date:	
Time of Birth:	



Baby's Weight:	
Baby's Weight At 24 Hours:	

#### Signs Things Are Going Well



At least one pee diaper



At least one poop diaper (poops need to be the size of a quarter to be counted)

Baby feeds often at least every 2-3 hours with the exception of one longer nap after birth of 4-6 hours

#### Things To Expect

Poop is called meconium and is a dark, sticky consistency.

Vaseline or oil can make removal easier.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

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### Feeding Log: Second 24 Hours

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Baby's	oy's Weight:	
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Baby may still be below birth weight

#### Signs Things Are Going Well



At least 2 pee diapers



At least 2 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is called meconium and is a dark, sticky consistency.

Vaseline or oil can make removal easier. It may be getting lighter and less sticky.

The second night, babies tend to be awake and feeding frequently. Nap when baby is sleeping as much as possible.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

Time the	Did baby	Which	Did you	How was the	Did you	Pump	Poop in	Pee in
Feeding	Nurse?	side did	supplement?	supplement	pump?	Output?	Diaper?	Diaper?
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### Feeding Log: Third 24 Hours

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Baby's V	Veight:	

Baby may still be below birth weight

#### Signs Things Are Going Well



At least 3 pee diapers



At least 3 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is getting greener, and while still thick, is noticeably less sticky.

Your milk is likely starting to increase (come in). You may feel more full, have warm breasts, and possibly have a very low grade fever.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You don't feel like your milk is coming in.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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### Feeding Log: Fourth 24 Hours

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Baby	's Weight:	
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Baby may still be below birth weight, but may be starting to gain weight.

#### Signs Things Are Going Well



At least 4 pee diapers



At least 4 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop should be more yellowgreen today and more watery as mature milk comes in.

Your milk is likely starting to increase (come in). You may feel more full, have warm breasts, and possibly have a very low grade fever

If this is not happening it is time to call the Lactation Consultant.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You don't feel like your milk is coming in.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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### Feeding Log: Fifth 24 Hours

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Baby's Weight:	

Baby may still be below birth weight, but should be gaining weight.

#### Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is yellow to orange and may have white "seeds"

Your milk should be coming in, and if it is not, we need to work on a plan to help your milk supply and keep your baby fed.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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# Feeding Log: Sixth 24 Hours

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Baby's Weight: \_\_\_\_\_

Baby may still be below birth weight, but should be gaining weight.

#### Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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Baby's Weight: \_\_\_\_\_

Baby may still be below birth weight, but should be gaining weight.

#### Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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Baby's Weight:

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#### Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

#### Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

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Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

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You are needing to supplement your baby.

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You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight

Time the Feeding Began	Did baby Nurse? For how	Which side did you	Did you supplement? How much	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
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Baby should be back to birth weight and should gain at least 4 ounces a week. .

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#### Things To Expect

Poop is yellow to orange and may have white "seeds."

Baby should be starting to have some basic pattern to waking and eating times.

Cluster feeding may occur where baby eats frequently in the evenings.

#### Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight.

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