

## Your Breast-feeding Diary



\*Tracking Your Baby's Feedings \*

Print off this sheet as often as you'd like to help you track your breastfeeding sessions.

Day	Time Of Breast-feeding	Audible Swallowing		Which breast did You <u>finish</u> on? (start on that one next time)		How many minutes on each side did he/she feed?	Feeding Notes
Monday	8:15 am - next feeding approx.	Yes	NO	Left	Right	10 minutes each	Had a little pain at the beginning, went away after a few minutes. Seemed fussy, may be the broccoli I ate yesterday? Avoid it and see
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	No	Left	Right		
		Yes	No	Left	Right		
		Yes	No	Left	Right		
		Yes	No	Left	Right		
		Yes	NO	Left	Right		



## Your Breast-feeding Diary



## \*Tracking Your Baby's Eating\*

Print off this sheet as often as you'd like to help you track whether your infant is eating enough

Day	# of wet Diapers* (tally marks)	# Of Dirty Diapers* (tally marks)	color of stool**	Thicker than Peanut butter?t		Weigh-in (weekly) ††
Monday	<b>u</b> u u	ш	seedy mustar	Yes	NO	13 pounds
				Yes	No	
				Yes	No	
				Yes	No	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	NO	
				Yes	No	



<sup>\*</sup>First few weeks = 6-8 wet diapers a day, 1 or more dirty diapers a day.

Find constipation cures at <a href="http://www.the-essential-infant-resource-for-moms.com/Baby-constipation.html">http://www.the-essential-infant-resource-for-moms.com/Baby-constipation.html</a> the weigh yourself, then hold your baby to weigh, then subtract the two to get your infant's weight.

Prevent the meltdown... feed early...feed often...

<sup>\*\*\*</sup>color Guide: http://www.the-essential-in-fant-resource-for-moms.com/Infant-Bowel-Movements.html †Stools thicker than peanut butter is an indication of constipation.