



BREASTFEEDING LOG

This breastfeeding log will help you ensure that breastfeeding is going well. Use this log to track the number of times your baby nurses, urinates and stools in the first few days. If you meet the goals set in this log, then things are going well. If you do not meet these goals, then call your pediatrician. It is absolutely ok if your baby exceeds these goals. These goals are minimum requirements. If they are not met then you and your baby should be evaluated.

Day 1: first 24hours									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>								
Stool	<input type="checkbox"/>								stool should be black tarry

Day 2									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>							
Stool	<input type="checkbox"/>	<input type="checkbox"/>							stool should be brown/black tarry

Day 3									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						
Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						stool should be turning green

Day 4									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>					
Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						stool should be green/yellow

Day 5									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						stool should be yellow/seedy

Day 6									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						stool should be yellow/seedy

Day 7									
Breastfed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	at least 8 times, more is fine
Urine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>						stool should be yellow/seedy