

# BREASTFEEDING LOG FOR THE FIRST WEEK



The goals on the log (below) represent the guidelines for mom and baby in the first seven days of your baby's life.

**Birth Date:** \_\_\_\_\_ **Birth Time:** \_\_\_\_\_ **AM PM**

- Circle the time of day to the nearest hour each time your baby begins to nurse. (i.e. Whether your baby was born as 3 AM or 3 PM you would start with the first "3" if your baby nurses at birth).
- The goal number of wet or soiled diapers for each day is shown by the letters (W) or (S).
- Circle a (W) every time your baby has a wet diaper.
- Circle a (S) every time your baby has a soiled diaper.
- It is OK for your baby to have more wet diapers or more soiled diapers than shown. You show the extra diapers by circling the "+" symbol.

Day One (First 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	6-8
Wet Diaper: W + + + +																							one (1)	
BLACK Tarry Soiled Diaper: S + + + +																							one (1)	
Day Two (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	6-8
Wet Diaper: W W + + + +																							two (2)	
BROWN Tarry Soiled Diaper: S S + + + +																							two (2)	
Day Three (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8-12
Wet Diaper: W W W + + + +																							three (3)	
GREEN Soiled Diaper: S S + + + +																							two (2)	
Day Four (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8-12
Wet Diaper: W W W W + + + +																							four (4)	
YELLOW Soiled Diaper: S S S + + + +																							three (3)	
Day Five (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8-12
Wet Diaper: W W W W W + + + +																							five (5)	
YELLOW Soiled Diaper: S S S + + + +																							three (3)	
Day Six (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8-12
Wet Diaper: W W W W W W + + + +																							six (6)	
YELLOW Soiled Diaper: S S S S + + + +																							four (4)	
Day Seven (Next 24 hours of life)																							Goal	
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8-12
Wet Diaper: W W W W W W W + + + +																							8 to 8+	
YELLOW Soiled Diaper: S S S S + + + + + + + + + +																							4 to 12	