

Keeping Track of When My Baby Feeds

A Baby Feeding Log

Please write in the boxes below when you feed your baby. Start writing on a new log each 24 hour period, starting at birth.

How do I do this?

Write the time you started feeding your baby under the Hour start.

· Write the length of time in minutes the baby feeds.

When you breastfeed:

- Write R if you are feeding from the right breast or L if you are feeding from the left breast.
- · Write the time your baby tried to feed.

If you are giving your baby expressed breastmilk, (EBM), donor milk or formula:

Write the amount in millilitres (mL) in the column when your baby received EBM, donor milk or formula.

Place a $\sqrt{\text{mark under the diaper wet/}}$ dirty column to track the number of wet and/ or dirty diapers your baby has.

Start Date:	Time:	End Date:	 	
Time	Feeding Your Bab	у	Diap	er
	Durant	DN4/ D		

Time		Feeding Your Baby					Diaper	
Hour Start	Length of feed min.	R/L Breast	Breast Active feed ✓	Tried to feed	EBM/ Donor Milk mL	Formula mL	Wet ✓	Dirty √

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Start Date.			·							
	Time		R/L Active I ried Milk mL					Diaper		
llaum	l anoth of		Breast		FBM/ Donor	Formula	\A/ (Dirty		
Hour Start	Length of feed min.	R/L Breast				mL	Wet ✓	⊅iity ✓		
Start Date:			_ Time:		_ End Dat	e:				

tart Date.			_ ''''''					
	Time		Feed	ing Your B	aby		Di	aper
Hour Length of Start feed min.	Breast			EBM/ Donor	Formula		Dirty	
	R/L Breast	Active feed ✓	Tried to feed	Milk mL	mL	Wet ✓	✓	
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