



803/479-2327

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### Breastfeeding Diary

\*Average 8-12 feedings in 24 hours at least by the time the baby is 48 hours old. If baby is taking in enough milk, by day 4, there are at least of 3-4 bowel movements in 24 hour period (this will not occur sooner than day 4). Wet diapers alone are not a sign of adequate intake. If feedings are not going well or are painful, please call for help.

Date \_\_\_\_\_

Time of Day	Minutes of Breastfeeding	Swallowing yes/no	Wet Diapers	Soiled Diapers	Other
1 <sup>st</sup>					
2 <sup>nd</sup>					
3 <sup>rd</sup>					
4 <sup>th</sup>					
5 <sup>th</sup>					
6 <sup>th</sup>					
7 <sup>th</sup>					
8 <sup>th</sup>					
9 <sup>th</sup>					
10 <sup>th</sup>					
11 <sup>th</sup>					
12 <sup>th</sup>					

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