



# Baby's BestFeeding

## NEWBORN'S DAILY BREASTFEEDING RECORD

THE TYPICAL BABY			
DAY	# OF TIMES BREASTFEEDING	WET DIAPERS	SOILED DIAPERS
1	4-5	1-2	1-2
2	6-7	1-3	1-2
3	7-8	3-5	2-3 +
4	8-10 +	4-5	3-4 +
5	8-10 +	5-6	3-4 +
6	8-10 +	6-8	3-4 +

YOUR BABY- DATE: _____						
Time @ Breast	Can hear swallowing? Yes/No	Nipple pain @ the start? Yes/No	Nipple pain throughout? Yes/No	# Wet diapers	# Soiled Diapers	Time Sleeping
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						

"A mother holds her baby . . . who lovingly holds her breast  
and gets the best!"

YOUR BABY- DATE: _____						
Time @ Breast	Can hear swallowing? Yes/No	Nipple pain @ the start? Yes/No	Nipple pain throughout? Yes/No	# Wet diapers	# Soiled Diapers	Time Sleeping
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:30 PM						
9:00 PM						
9:30 PM						
10:00 PM						
10:30 PM						
11:00 PM						
11:30 PM						
12:00 AM						
12:30 AM						
1:00 AM						
1:30 AM						
2:00 AM						
2:30 AM						
3:00 AM						
3:30 AM						
4:00 AM						
4:30 AM						
5:00 AM						
5:30 AM						
6:00 AM						

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