



Information for breastfeeding families

Newborn Feeding Log

<p>Day 1 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1</p> <p>Black tarry stools 1</p> <p>Notes:</p>	<p>Day 4 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>
<p>Day 2 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2</p> <p>Black/brown stools 1 2</p> <p>Notes:</p>	<p>Day 5 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>
<p>Day 3 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3</p> <p>Brown stools 1 2</p> <p>Notes:</p>	<p>Day 6 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>

Wet diapers may exceed those indicated in this chart in the first few days.
The numbers of stools per day is a better indicator of adequate intake than wet diapers

<p>Day 7 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>	<p>Day 10 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>
<p>Day 8 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>	<p>Day 11 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>
<p>Day 9 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>	<p>Day 12 Feed 8 or more times</p> <p><i>Circle the hours</i></p> <p>12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet diapers 1 2 3 4 5 6</p> <p>Yellow seedy stools 1 2 3</p> <p>Notes:</p>

The information provided is intended solely for general educational and informational purposes only. It is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your healthcare provider for any questions you may have regarding your or your infant's medical condition. Never disregard professional medical advice or delay in seeking it because of something you have received in this information. Feel free to duplicate per creative commons license CC BY-ND. Lactation Education Resources 2023.