

*If you have
any questions,
please ask your
pediatrician or
nurse.*

Breastfeeding Log

Breast milk is important to your baby's growth and development. It provides needed nutrition. Breast milk also aids in digestion and helps prevent allergies and infections. We are here to support you in breastfeeding your baby.

It is recommended that you keep a simple diary or log of your baby's feedings and diaper output for at least the first 2 weeks after birth. This can reassure you that the baby is getting enough to eat. Bring this with you at the first pediatrician visit.

Newborns are often sleepy in the first 24 hours after delivery and do not feed as often as they will in the next few days. Skin to skin contact with your baby will help with breastfeeding.

During the first 3 days when your baby is breastfeeding, colostrum ("first" milk) is present in proper amounts to meet your baby's nutrition needs. When breastfeeding, look for the following:

- Does your baby show increasing interest in feeding as each day passes?
- Do you feel pulling/tugging on your nipple/areola, but no pain during feedings?
- Can you hear your baby swallow your milk (soft sighs), or can you see swallows?
- Does your baby seem satisfied for at least 30 minutes after nursing? Cluster feeding, (repeated frequent feedings) with swallows during parts of the day/night, are normal in the first few days before mature milk comes in.

Does your breastfed baby fit this pattern for normal output?

- Day 1–1 wet diaper, at least 1 meconium stool (black, tarry).
- Day 2–2 wet diapers, 1 to 2 meconium stools.
- Day 3–3 wet diapers, 2 to 3 transitional stools (greenish).

About 3 to 5 days after birth, your colostrum changes to mature milk. This milk will be thinner and whiter than the colostrum. During this time, look for the following.

Your baby is getting enough if your:

- Breasts feel **fuller** and **heavier** before breastfeeding and softer after each feeding.
- Baby is **feeding at least 8 to 12 times** for at least 10 to 15 minutes, including pauses, in 24 hours.

- Baby has **6 to 8 wet diapers** (clear to pale yellow) within 24 hours.
- Baby has **3 or more** soft seedy, yellow stools in 24 hours.

If you are not seeing these signs, you need to call your baby’s pediatrician. All babies should be seen by their pediatrician within 2 to 5 days after going home from the hospital.

Note: To help your baby get the full benefits that breast milk provides, breastfeed exclusively for the first 6 months. This means your baby gets no other foods (except vitamin D) or fluids unless directed by your baby’s pediatrician. Your baby’s pediatrician will guide you as to when to start solid foods. However, continue to breastfeed through the first year (or as long and you and your baby would like).

For more breastfeeding information, contact La Leche League at www.llli.org or at 877.452.5324.

Baby’s birth weight: _____ Baby’s discharge weight: _____.

Northwestern Medicine – Health Information Resources

For more information, contact Northwestern Memorial Hospital’s Alberto Culver Health Learning Center (HLC) at hlc@nm.org, or by calling 312.926.5465. Health information professionals can help you find the information you need and provide you with personal support at no charge.

For more information about Northwestern Medicine, please visit our website at nm.org.

Para asistencia en español, por favor llamar al Departamento de Representantes para Pacientes al 312.926.3112.

The entities that come together as Northwestern Medicine are committed to representing the communities we serve, fostering a culture of inclusion, delivering culturally competent care, providing access to treatment and programs in a nondiscriminatory manner and eliminating healthcare disparities. For questions, please call either Northwestern Memorial Hospital’s Patient Representatives Department at 312.926.3112, TDD/TTY 312.926.6363 or the Northwestern Medical Group Patient Representatives Department at 312.695.1100, TDD/TTY 312.926.6363.

Developed by: NMH Lactation Consultants

