

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

## Breastfeeding Log

Breast milk is important to your baby's growth and development. There are many benefits to giving your child breast milk, including:

- Giving your child the nutrition they need
- Helping your baby's digestion
- Helping to prevent allergies and infections in your baby

We are here to support you in breastfeeding your baby.

### Days 1 through 5

Keep in mind that newborns sleep a lot in the first 24 hours after delivery. They do not usually feed as often during the first day compared to the next few days.

During the first 3 days when your baby is breastfeeding, your breast milk will have colostrum, or "first" milk. The colostrum will help to meet your baby's nutrition needs during those first few days.

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, your breasts will feel fuller and heavier before breastfeeding and softer after each feeding.

Cluster feeding is normal in the first few days before mature milk comes in. Cluster feeding is when you breastfeed repeatedly and frequently. This can happen during the day or through the night.

Skin-to-skin contact with your baby will help with breastfeeding.

### Keeping track

Use a journal or log to keep track of your baby's feedings and diaper output. Try and do this for at least the first 2 weeks after birth. This will let you know if your baby is getting enough to eat. Bring this log with you to the first pediatrician visit.

When breastfeeding your baby, look for the following:

- Does your baby show more 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 them swallow?
- Does your baby seem satisfied for at least 30 minutes after nursing?

It is useful to keep track of your baby's wet and dirty diapers. They can let you know how much milk your child is getting. The output for a breastfed baby usually fits this pattern:

- 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).

These are signs that your baby is getting enough to eat:

- 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, call your baby's pediatrician. All babies should have a visit with 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, try to breastfeed exclusively for the first 6 months (this includes pumped milk). This means your baby gets no other foods (except vitamin D) or fluids besides breast milk unless directed by your baby's pediatrician.

Your baby's pediatrician will help you choose when to start solid foods. However, continue to give your child breast milk as long as you can (ideally through the first year), or as long as you or your baby would like.

**For more breastfeeding information, contact La Leche League at [lila.org](http://lila.org) or at 877.452.5324.**

*Baby's birth weight:* \_\_\_\_\_ *Baby's discharge weight:* \_\_\_\_\_.



