



CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

### **Feeding Diary – Birth to Day 3**

Please keep track of your baby's feedings and diaper changes. Most babies are sleepy the first 24 - 48 hours so wake and attempt to feed the baby. Breastfed babies should try to eat at least 7 times each 24 hours. Feed your baby frequently, about every 2-3 hours, from 7 am to midnight. Then you can allow the baby to sleep a longer stretch at night. When the baby wakes at night, feed him. If your baby does not eat often enough during the day/evening hours, you will need to wake the baby at night for feedings.

**The goal is to feed the baby 7-8 times or more each 24 hours.**

#### **Breastfeeding**

Birth weight: \_\_\_\_\_

**First 24 hours after birth:** Date/Birth time: \_\_\_\_/\_\_\_\_ to Date/24 hours old: \_\_\_\_/\_\_\_\_

**With each feeding write the time your baby eats and include any attempts to feed. Then write how effective the baby fed such as: one or two sides, long bursts of sucking, hear or see swallows.**

**Examples:** 8 am / attempt, baby sleepy or 8 am / both sides good or 8 am / right side, long bursts of sucking

1. \_\_\_\_/\_\_\_\_\_
2. \_\_\_\_/\_\_\_\_\_
3. \_\_\_\_/\_\_\_\_\_
4. \_\_\_\_/\_\_\_\_\_
5. \_\_\_\_/\_\_\_\_\_
6. \_\_\_\_/\_\_\_\_\_
7. \_\_\_\_/\_\_\_\_\_
8. \_\_\_\_/\_\_\_\_\_

**Circle any diaper changes. Listed is "minimum". Your baby may do more. List more on line.**

Wet – Dirty (black, sticky meconium) \_\_\_\_\_

**Tips: The volume size of your baby's belly is the size of a marble. "Colostrum", your first milk, is the perfect milk and amount for your baby. Offer both sides each feeding.**

**25 to 48 hours after birth:** Day/Time: \_\_\_\_\_ to Day/Time: \_\_\_\_\_

1. \_\_\_\_/\_\_\_\_\_
2. \_\_\_\_/\_\_\_\_\_
3. \_\_\_\_/\_\_\_\_\_
4. \_\_\_\_/\_\_\_\_\_
5. \_\_\_\_/\_\_\_\_\_
6. \_\_\_\_/\_\_\_\_\_
7. \_\_\_\_/\_\_\_\_\_
8. \_\_\_\_/\_\_\_\_\_

Wet – Wet – Dirty – Dirty (black/brown) \_\_\_\_\_

**Tip: Giving formula will interfere with milk production. It is normal for babies to lose weight today.**

**49 to 72 hours after birth ("Day 3"):** Day/Time: \_\_\_\_\_ to Day/Time: \_\_\_\_\_ Weight: \_\_\_\_\_

1. \_\_\_\_/\_\_\_\_\_
2. \_\_\_\_/\_\_\_\_\_
3. \_\_\_\_/\_\_\_\_\_
4. \_\_\_\_/\_\_\_\_\_
5. \_\_\_\_/\_\_\_\_\_
6. \_\_\_\_/\_\_\_\_\_
7. \_\_\_\_/\_\_\_\_\_
8. \_\_\_\_/\_\_\_\_\_

Wet – Wet – Wet – Dirty – Dirty - Dirty (green/brown/yellow) \_\_\_\_\_

**Tips: The baby is now more wakeful. Frequent effective feedings allow you to make plenty of milk. Fussiness does not always mean hunger. It is normal for babies to lose weight today.**