



CHARTING THE FUTURE™

The Lactation Center of Lancaster County

Revised 2020

Feeding Diary – Day 4-6

Track your baby's feedings and diaper changes. If your baby is waking and effectively eating 7 or more times each 24 hours, follow their time pattern. You must continue to wake your baby for feedings if they are eating less than 7 times. Feed your baby frequently 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

Day 4:

1. ____/____ 2. ____/____ 3. ____/____
4. ____/____ 5. ____/____ 6. ____/____
7. ____/____ 8. ____/____

Wet –Wet – Wet – Wet (Most babies wet with a dirty diaper, count as wet and dirty) Dirty – Dirty – Dirty – Dirty (yellow, loose, soft/seedy)

Tips: Rest when the baby rests! Limit visitors and phone calls. Don't forget to eat. Your body is making more and more milk. Engorged? Place warm compresses before the feeding and cold compresses after on the breasts. Call for help if needed. Call if your baby's skin is deep yellow/golden color (jaundice).

Day 5:

1. ____/____ 2. ____/____ 3. ____/____
4. ____/____ 5. ____/____ 6. ____/____
7. ____/____ 8. ____/____

Wet –Wet – Wet - Wet – Wet – Dirty - Dirty– Dirty – Dirty – Dirty

Tips: One to two bouts of fussiness each 24 hours is normal. Giving formula will interfere with milk production.

Day 6:

1. ____/____ 2. ____/____ 3. ____/____
4. ____/____ 5. ____/____ 6. ____/____
7. ____/____ 8. ____/____

Wet –Wet – Wet - Wet – Wet – Dirty - Dirty– Dirty – Dirty – Dirty

Tips: A "growth spurt" will be starting, lasting 1-2 days. Milk supply is determined by the baby's demand. Frequent effective feedings allow you to make plenty of milk. Wake/sleep cycles will become more predictable. Wait 2-4 weeks before introducing a bottle.

Call your health provider or the Lactation Warm Line, 717-740-5423, for any questions/concerns.

Congratulations! You have survived the first week of being a parent! Relax and enjoy your baby