

Breastfeeding Log – Weeks Two to Four

Birth Date: ___ / ___ / ___	Birth Time: _____	AM / PM	
Birth Weight: _____	Discharge Weight: _____		
Weights:	One week	Two weeks	Four weeks

How often should baby be nursing? Frequent nursing in the early weeks is important for establishing a good milk supply. Most newborns need to nurse 8 - 12+ times per day (24 hours). You CAN'T nurse too often—you CAN nurse too little.

Nurse at the first signs of hunger (stirring, rooting, hands in mouth)—don't wait until baby is crying. Allow baby unlimited time at the breast when sucking actively, then offer the second breast. Some newborns are excessively sleepy—wake baby to nurse if 2 hours (during the day) or 4 hours (at night) have passed without nursing. Once baby has established a good weight gain pattern, you can stop waking baby and nurse on baby's cues alone.

These things are normal:

- Frequent and/or long feedings.
- Varying nursing pattern from day to day.
- Cluster nursing (very frequent to constant nursing) for several hours—usually evenings—each day. This may coincide with the normal "fussy time" that most babies have in the early months.
- Growth spurts, where baby nurses more often than usual for several days and may act very fussy. Common growth spurt times in the early weeks are the first few days at home, 7 - 10 days, 2 - 3 weeks and 4 - 6 weeks.

Weight gain: The average breastfed newborn gains 6 ounces/week (170 grams/week). Consult with baby's doctor and your lactation consultant if baby is not gaining as expected.

Dirty diapers: Expect 3-4+ stools daily that are the size of a US quarter (2.5 cm) or larger. Some babies stool every time they nurse, or even more often--this is normal, too. The normal stool of a breastfed baby is yellow and loose (soft to runny) and may be seedy or curdy. After 4 - 6 weeks, some babies stool less frequently, with stools as infrequent as one every 7-10 days. As long as baby is gaining well, this is normal.

Wet diapers: Expect 5-6+ wet diapers every 24 hours. To feel what a sufficiently wet diaper is like, pour 3 tablespoons (45 mL) of water into a clean diaper. A piece of tissue in a disposable diaper will help you determine if the diaper is wet. After 6 weeks, wet diapers may drop to 4-5/day but amount of urine will increase to 4+ ounces (116+ mL) as baby's bladder capacity grows.

Milk supply? Some moms worry about milk supply. As long as baby is gaining well on mom's milk alone, then milk supply is good. Between weight checks, a sufficient number of wet and dirty diapers will indicate that baby is getting enough milk.

Directions --

- Circle the closest hour to the beginning of each nursing
- Circle W when your baby has a wet diaper
- Circle S when your baby has a soiled diaper
- Print out a new page for each week you wish to log

Day 1	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 2	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 3	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 4	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 5	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 6	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4

Day 7	Goal
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11	8-12
Wet	W W W W W
Soiled	S S S
	5-6
	3-4