



Baby Bonds

Feeding Log





Feeding Log: First 24 Hours




Date: _____
Time of Birth: _____



Baby's Weight: _____
Baby's Weight At 24 Hours: _____

Signs Things Are Going Well

 At least one pee diaper

 At least one poop diaper (poops need to be the size of a quarter to be counted)

Baby feeds often at least every 2-3 hours with the exception of one longer nap after birth of 4-6 hours

Things To Expect

Poop is called meconium and is a dark, sticky consistency. Vaseline or oil can make removal easier.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here 





Feeding Log: Second 24 Hours



Date: _____



Baby's Weight: _____

Baby may still be below birth weight

Signs Things Are Going Well



At least 2 pee diapers



At least 2 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is called meconium and is a dark, sticky consistency.

Vaseline or oil can make removal easier. It may be getting lighter and less sticky.

The second night, babies tend to be awake and feeding frequently. Nap when baby is sleeping as much as possible.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						

If things are not going well and you need help, go here





Feeding Log: Third 24 Hours



Date: _____



Baby's Weight: _____

Baby may still be below birth weight

Signs Things Are Going Well



At least 3 pee diapers



At least 3 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is getting greener, and while still thick, is noticeably less sticky.

Your milk is likely starting to increase (come in). You may feel more full, have warm breasts, and possibly have a very low grade fever.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You don't feel like your milk is coming in.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						

If things are not going well and you need help, go here





Feeding Log: Fourth 24 Hours



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but may be starting to gain weight.

Signs Things Are Going Well



At least 4 pee diapers



At least 4 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop should be more yellow-green today and more watery as mature milk comes in.

Your milk is likely starting to increase (come in). You may feel more full, have warm breasts, and possibly have a very low grade fever.

If this is not happening it is time to call the Lactation Consultant.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You don't feel like your milk is coming in.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Fifth 24 Hours



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but should be gaining weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds"

Your milk should be coming in, and if it is not, we need to work on a plan to help your milk supply and keep your baby fed.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Sixth 24 Hours



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but should be gaining weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Day 7



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but should be gaining weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Day 8



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but should be gaining weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Day 9



Date: _____



Baby's Weight: _____

Baby may still be below birth weight, but should be gaining weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						

If things are not going well and you need help, go here





Feeding Log: Day 10



Date: _____



Baby's Weight: _____

Baby should be back to birth weight.

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here



Feeding Log: Day 11



Date: _____



Baby's Weight: _____

Baby should be back to birth weight and should gain at least 4 ounces a week. .

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

You will need to continue waking to feed your baby until they are back to birth weight and gaining well. .

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						

If things are not going well and you need help, go here



Feeding Log: Day 12



Date: _____



Baby's Weight: _____

Baby should be back to birth weight and should gain at least 4 ounces a week. .

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

Baby should be starting to have some basic pattern to waking and eating times.

Cluster feeding may occur where baby eats frequently in the evenings.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight.

Time the Feeding Began	Did baby Nurse? For how long?	Which side did you start on?	Did you supplement? How much supplement and what was it?	How was the supplement given?	Did you pump? How long?	Pump Output?	Poop in Diaper?	Pee in Diaper?
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						

If things are not going well and you need help, go here www.babybonds.us





Feeding Log: Day 13



Date: _____



Baby's Weight: _____

Baby should be back to birth weight and should gain at least 4 ounces a week. .

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

Baby should be starting to have some basic pattern to waking and eating times.

Cluster feeding may occur where baby eats frequently in the evenings.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here





Feeding Log: Day 14



Date: _____



Baby's Weight: _____

Baby should be back to birth weight and should gain at least 4 ounces a week. .

Signs Things Are Going Well



At least 6 pee diapers



At least 6 poop diapers (poops need to be the size of a quarter to be counted)

Baby feeds often, at least every 2-3 hours for a total of 8 to 12 feedings in 24 hours.

Things To Expect

Poop is yellow to orange and may have white "seeds."

Baby should be starting to have some basic pattern to waking and eating times.

Cluster feeding may occur where baby eats frequently in the evenings.

Seek Lactation Help If:

Your baby does not have enough wet or dirty diapers.

Your baby is not waking to feed.

You have nipple pain or damage.

You are concerned about breastfeeding.

You are needing to supplement your baby or baby is not back to birth weight.

<i>Time the Feeding Began</i>	<i>Did baby Nurse? For how long?</i>	<i>Which side did you start on?</i>	<i>Did you supplement? How much supplement and what was it?</i>	<i>How was the supplement given?</i>	<i>Did you pump? How long?</i>	<i>Pump Output?</i>	<i>Poop in Diaper?</i>	<i>Pee in Diaper?</i>
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						
		L R						



If things are not going well and you need help, go here www.babybonds.us

