

Breastfeeding and Output Log

Your baby is breastfeeding well if:

- you are breastfeeding **AT LEAST** 8 times daily
- you **hear/see** your baby swallowing
- your baby is having 6 – 8 wet diapers
- your baby is having **3 or more** bowel movements daily (day 4 until 1 month of age)
- you have **no pain** during breastfeeding
- your baby feeds **no more** than 1 hour at each feed



INSTRUCTIONS: Each day, **circle** the bowel movements and wet diapers that your baby has during each 24 hour period. **Circle** the time to the nearest hour that your **start** breastfeeding.

Date:																							
Breastfeeding Start Time (circle below):																							
Midnight												Noon											
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Total Number of feedings in 24hrs:																							
Bowel Movements (circle): 1 2 3 4 5 6 7 8																							
Wet Diapers (circle) 1 2 3 4 5 6 7 8 9 10																							

Date:																							
Breastfeeding Start Time (circle below):																							
Midnight												Noon											
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