feeding log   name :   birthday:

Date:_____

	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
Breast (min)																								
Supplement BM (ml)																								
Supplement Form (ml)																								
Amount Pumped (ml)																								
Wet Diaper (#)																								
Dirty Diaper (#)																								

Date: _____

	12am	1am	2am	3am	4am	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm
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Babies should eat 8-12 times in 24 hours. Day 1 they should have 1 wet and 1 dirty diaper. Day 2 they should have 2 of each, day 3, 3 of each and so on. By the end of the first week, babies typically have 6-8 wet diapers and 2-10 poops in a 24 hour period. If they do not have enough output, they may not be getting enough to eat. Your lactation consultant can help you determine if baby is getting enough to eat and how to improve intake.

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