

# Breastfeeding Log

Week 1

Circle the **hour** when your baby nurses

Circle the **W** when your baby has a wet diaper

Circle the **S** when your baby has a soiled diaper

During the first week, you will use more diapers each day.

Birth Date: \_\_\_\_/ \_\_\_\_/ \_\_\_\_ Time: \_\_\_\_\_ AM PM

Day One		Minimum
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11		6 to 8
Wet Diaper	W	1
Black tarry soiled diaper	S	1

Day Two		Minimum
12 1 2 3 4 5 6 7 8 9 10 11 12 1 2 3 4 5 6 7 8 9 10 11		6 to 8
Wet Diaper	W W	2
Brown tarry soiled diaper	S S	2

Day Three		Minimum
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 to 12
Wet Diaper	W W W	3
Green soiled diaper	S S	2

<b>Day Four</b>		<b>Minimum</b>
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 to 12
Wet Diaper	W W W W	4
Yellow soiled diaper	S S S	3

<b>Day Five</b>		<b>Minimum</b>
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 to 12
Wet Diaper	W W W W W	5
Yellow soiled diaper	S S S	3

<b>Day Six</b>		<b>Minimum</b>
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 to 12
Wet Diaper	W W W W W W	6
Yellow soiled diaper	S S S S	4

<b>Day Seven</b>		<b>Minimum</b>
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 to 12
Wet Diaper	W W W W W W	6 to 8+
Yellow soiled diaper	S S S S	4-12

It is OK for your baby to have more wet or soiled diapers.

Call if your baby has less than the minimum goal.

Paper diapers are very absorbent.

It may be necessary to put a tissue in the diaper if number of wet diapers is questionable.