

Breastfeeding tips and diary



- Massage breasts before and during feeding or pumping. This helps increase milk removal.
- If your baby only feeds on one breast or feeds poorly on both, pump after feeding.
- If your baby gets a supplement instead of, or after a feeding, pump both breasts.
- In the first few days and during growth spurts babies may want to feed hourly. Growth spurts often happen at 2 to 3 weeks, 6 weeks and 12 weeks old.

Date: _____

Time of Day	Time of Feeding	Minutes Right	Minutes Left	Wet Diapers	Stools (color)	Supplement-Bottle	Pumped Volume
12:00 a.m.							
1:00 a.m.							
2:00 a.m.							
3:00 a.m.							
4:00 a.m.							
5:00 a.m.							
6:00 a.m.							
7:00 a.m.							
8:00 a.m.							
9:00 a.m.							
10:00 a.m.							
11:00 a.m.							
12:00 p.m.							
1:00 p.m.							
2:00 p.m.							

Time of Day	Time of Feeding	Minutes Right	Minutes Left	Wet Diapers	Stools (color)	Supplement-Bottle	Pumped Volume
3:00 p.m.							
4:00 p.m.							
5:00 p.m.							
6:00 p.m.							
7:00 p.m.							
8:00 p.m.							
9:00 p.m.							
10:00 p.m.							
11:00 p.m.							

Signs of Good Breastfeeding	Good Positioning and Latch
<ul style="list-style-type: none"> • Feeds 8 to 12 times in 24 hours. 	<ul style="list-style-type: none"> • Baby is turned with tummy to mom's tummy.
<ul style="list-style-type: none"> • Feeds well for 10 minutes or longer on first breast. Finishes first breast before offering the second breast. 	<ul style="list-style-type: none"> • Baby is deeply latched taking ½-1" of areola in. • Baby's lips are flanged, chin is touching breast. • Baby's ear and temple are moving with suckling.
<ul style="list-style-type: none"> • Has 6 wet diapers daily. 	<ul style="list-style-type: none"> • Long bursts of suckling. Swallowing is heard.
<ul style="list-style-type: none"> • Has 2 or more seedy yellow stools in 24 hours. 	<ul style="list-style-type: none"> • Breasts are softer after feeding.
<ul style="list-style-type: none"> • Is gaining weight. 	<ul style="list-style-type: none"> • Baby is satisfied after feeding.

Please call the CHW Lactation Management Service with any questions or concerns about how your baby is feeding at 414-266-1757.