

## Breastfeeding Record for Baby's First Week

Take this record to your baby's checkup!

Questions to ask your baby's doctor:

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### Signs that breastfeeding is going well

- When your baby is breastfeeding, her mouth is open wide like a yawn with her lips flipped out.
- You can hear the baby swallowing as he breastfeeds.
- Your baby breastfeeds at least 8 times every 24 hours.
- Your baby is happy or sleepy after breastfeeding.
- By the end of the first week, your baby wets at least 4 diapers every day.
- By day 5, your baby makes at least 3 soft yellow bowel movements every 24 hours.

**Contact** (insert appropriate local resource)



**Use this record  
to keep track  
of your baby's  
breastfeedings.**

*Breastfeeding Record for Baby's First Week* adapted from Kay Hoover, MEd, IBCLC, Philadelphia Department of Public Health; Best Start Social Marketing, Inc.; and the Rhode Island Special Supplemental Food & Nutrition Program for Women, Infants, and Children (WIC).

These recommendations are based on the American Academy of Pediatrics policy statement, "Breastfeeding and the Use of Human Milk" (*Pediatrics*. 2005;115:496–506).

Keep this record and a pencil near you during the first week of your baby's life to keep track of your baby's breastfeedings, wet diapers, and bowel movements.

A sample is provided in the shaded box below.

**Breastfeedings:** Circle the **Bf** whenever your baby breastfeeds.

**Wet Diapers:** Circle the **W** whenever your baby has a wet diaper.

**Bowel Movements:** Circle the **BM** whenever your baby has a bowel movement.

It is okay if your baby has more breastfeedings, wet diapers, or bowel movements than the goal for the day. You can write in additional **Bfs**, **Ws**, or **BMs**. Keeping this record will help you know your baby is doing fine! **If your baby has fewer Bfs, Ws, or BMs than the goal for that day, call your doctor or breastfeeding helper.** Remember—don't feel shy about asking questions.

**SAMPLE Day 3**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 3-5 **W W W**

**Brown or green bowel movements** Today's goal: 3-4 **BM BM BM**

**On day 3, this baby met the day's goal of at least 8 breastfeedings, 3 wet diapers, and 3 brown or green bowel movements.**

**Day 1**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

- Any bowel movements will be black and tarry.
- The doctors and nurses at the hospital will monitor your baby's health.

**Day 2**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

- Any bowel movements will be brown and tarry.
- The doctors and nurses at the hospital will monitor your baby's health.

**Day 3**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 3-5 **W W W**

**Brown or green bowel movements** Today's goal: 3-4 **BM BM BM**

**Day 4**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 3-5 **W W W**

**Loose green or yellow bowel movements** Today's goal: 3-4 **BM BM BM**

**Day 5**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 4-6 **W W W W**

**Loose yellow (not green) bowel movements** Today's goal: 3-6 **BM BM BM**

**Day 6**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 4-6 **W W W W**

**Loose yellow bowel movements** Today's goal: 3-6 **BM BM BM**

**Day 7**

**Breastfeedings** Today's goal: 8-12 **Bf Bf Bf Bf Bf Bf Bf Bf**

**Wet Diapers** Today's goal: 4-6 **W W W W**

**Loose yellow bowel movements** Today's goal: 3-6 **BM BM BM**



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