

Breastfeeding Record for Baby's First Week

Take this record to your baby's checkup!

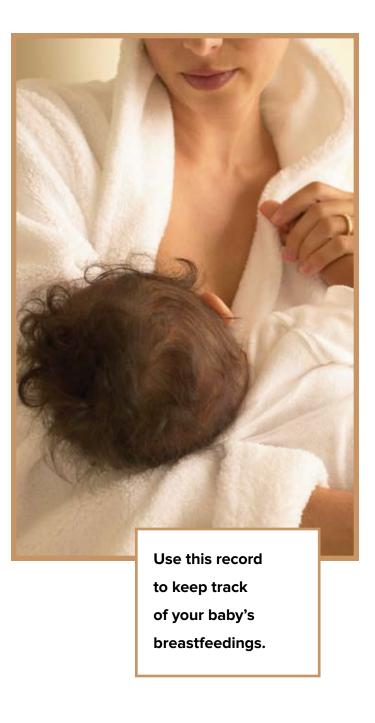
Questions to ask your baby's doctor:

Safe&Healthy

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)



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).

Breastfeeding Support

Parent Handouts

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.



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 bow Today's goal: 3-4	el moven	nent	ts			BM	BM	BN
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 yello Today's goal: 3-4	w bowel	mov	/em	ents	i	BM	BM	BN
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 gre Today's goal: 3-6	en) bowe	l mo	oven	nent	5	BM	BM	BN

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 m Today's goal: 3-6	ovemen	ts				BM	BM	BM
Day 7								
Broastfoodings								

Today's goal: 8-12	Bf								
Wet Diapers Today's goal: 4-6					w	w	w	w	
Loose yellow bowel movements Today's goal: 3-6				BM	BM	BM			

American Academy of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN"

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