

Breastfeeding Record

During the first 6 weeks following birth when breast milk is well established, your baby should have:

- At least 8 feeds per 24 hour period
- 6 - 8 wet diapers per 24 hour period
- 3 - 4 soiled diapers per 24 hour period

Date _____ Daily Feedings Total Number of Feedings in the 24 hour period _____

Time Feeding Begins															
Time Feeding Ends															
Duration															

Diapers - please indicated with a (X) Daily Total Baby Wt. _____

Wet Diapers														
Soiled Diapers														

Notes:

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Wet Diapers														
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