

Breastfeeding Record for Baby's First Week

Take this record to your baby's checkup!

Questions to ask your baby's doctor:

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**



American Academy of Pediatrics



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