Breastfeeding Log Sheet

For each nursing, enter the duration in minutes under the hour closest to when you started. Newborns have small stomachs and need to be fed often. Aim for 8 - 12 feedings each day.

For diapers, make a tick for each soiled or wet diaper in the space provided. Your total should be close to the indicated goal. If totals are drastically different and you are concerned that your baby is not getting enough, contact your midwife, GP or local La Leche League.

If you need another sheet for the second week, you can download another at www.sweethomebirth.com

Day 5										
Hour	12	1	2	3	4	5	6	7	8	9
Duration			27			15	10			30
Diapers	Wet							Total	6	Goal	5

Day 1																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	1	Soiled						Total		Goal	1	Feeding Goal		8 - 12	

Day 2																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	2	Soiled						Total		Goal	2	Feeding Goal		8 - 12	

Day 3																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	3	Soiled						Total		Goal	2	Feeding Goal		8 - 12	

Day 4																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	4	Soiled						Total		Goal	3	Feeding Goal		8 - 12	

Day 5																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	5	Soiled						Total		Goal	3	Feeding Goal		8 - 12	

Day 6																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	6	Soiled						Total		Goal	4	Feeding Goal		8 - 12	

Day 7																							
Hour	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Duration																								
Diapers	Wet						Total		Goal	6	Soiled						Total		Goal	4	Feeding Goal		8 - 12	