

First Week Daily Breastfeeding Log

modified from Philadelphia Dept of Public Health log

Circle every hour when your baby starts a nursing.

Circle the W when your baby has a wet diaper.

Circle the S when your baby has a soiled diaper.

During the first week, you will use more diapers each day.

Birth Date: ___/___/___ **Time:** _____ **AM PM**

First 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									6 to 8
Wet diaper																									1
Black tarry soiled diaper																									1

Second 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									6 to 8
Wet diapers																									2
Brown tarry soiled diaper																									2

Third 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									8 to 12
Wet diapers																									3
Green soiled diaper																									2

Fourth 24 hours

GOAL

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	8 to 12
Wet diapers																									4
Yellow soiled diapers																									3

Fifth 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									8 to 12
Wet diapers																									5
Yellow soiled diapers																									3

Sixth 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									8 to 12
Wet diapers																									6
Yellow soiled diapers																									4

Seventh 24 hours

	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	<u>GOAL</u>
																									8 to 12
Wet diapers																									6 to 8
Yellow soiled diapers																									4 to 12

It's OK for your baby to nurse more than 12 times each day, and to have more wet diapers or more soiled diapers. You CAN'T nurse too often. You CAN nurse too little. Call if you have fewer than the numbers on the log.
