Breastfeeding Record

During the first 6 weeks following birth when breastmilk 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**

Wet Diapers										
Soiled Diapers										

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**

Wet Diapers										
Soiled Diapers										

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

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Soiled Diapers										