



## Breastfeeding Log for the First Week

- The goals in this log represent the guidelines for mom and baby in the first seven days of baby's life.  
 Birth Date: \_\_\_\_\_ Birth Time: \_\_\_\_\_ AM PM
- Circle the time of day to the nearest hour each time your baby begins to nurse.  
 (i.e. Whether your baby was born at 3 AM or 3 PM you would start with the first "3" if your baby nurses at birth).
- The goal number of wet or soiled diapers for each day is shown by the letters (W) or (S).
- Circle a (W) every time your baby has a wet diaper.
- Circle an (S) every time your baby has a soiled diaper.
- It is OK for your baby to have more wet diapers or more soiled diapers than shown. You show the extra diapers by circling the "+" symbol.

Day One (First 24 hours of life)												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	6-8
Wet Diaper: W + + + +												One (1)												
BLACK Tarry Soiled Diaper: S + + + +												One (1)												
Day Two (Second 24 hours of life)												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	6-8
Wet Diaper: W W + + + +												Two (2)												
BROWN Tarry Soiled Diaper: S S + + + +												Two (2)												
Day Three (Next 24 hours of life)												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	8-12
Wet Diaper: W W W + + + +												Three (3)												
GREEN Soiled Diaper: S S + + + +												Two (2)												
Day Four (Next 24 hours of life)												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	8-12
Wet Diaper: W W W W + + + +												Four (4)												
YELLOW Soiled Diaper: S S S + + + +												Three (3)												
Day Five (Next 24 hours of life)												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	8-12
Wet Diaper: W W W W W + + + +												Five (5)												
YELLOW Soiled Diaper: S S S + + + +												Three (3)												
Day Six (Next 24 hours of life)												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	8-12
Wet Diaper: W W W W W W + + + +												Six (6)												
YELLOW Soiled Diaper: S S S S + + + +												Four (4)												
Day Seven (Next 24 hours of life)												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	8-12
Wet Diaper: W W W W W W W W + + + +												8 to 8+												
YELLOW Soiled Diaper: S S S S + + + + + + + + + +												4 to 12												