Daily Breastfeeding Log

Circle the **hour** you breastfeed. Circle **W** with each wet diaper. Circle **S** for each soiled diaper.

When mature milk comes in, look for at least **six wet diapers**, and **three to four yellow, seedy stools every 24 hours**. This remains true for the first month of life, after which stool habits may change patterns. It is okay for your baby to have more wet diapers or soiled diapers. Call your health care provider if your baby has less than the number on the log.

Date_____

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
Urine			W		W		W		W		W		W		W		W							
Stool			S		S		S		S		S		S											

Date_____

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Urine			W		W		W		W		W		W		W		W							
Stool			S		S		S		S		S		S											

Date_____

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Urine			W		W		W		W		W		W		W		W							
Stool			S		S		S		S		S		S											

Date_____

12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Urine			W		W		W		W		W		W		W		W							
Stool			S		S		S		S		S		S											