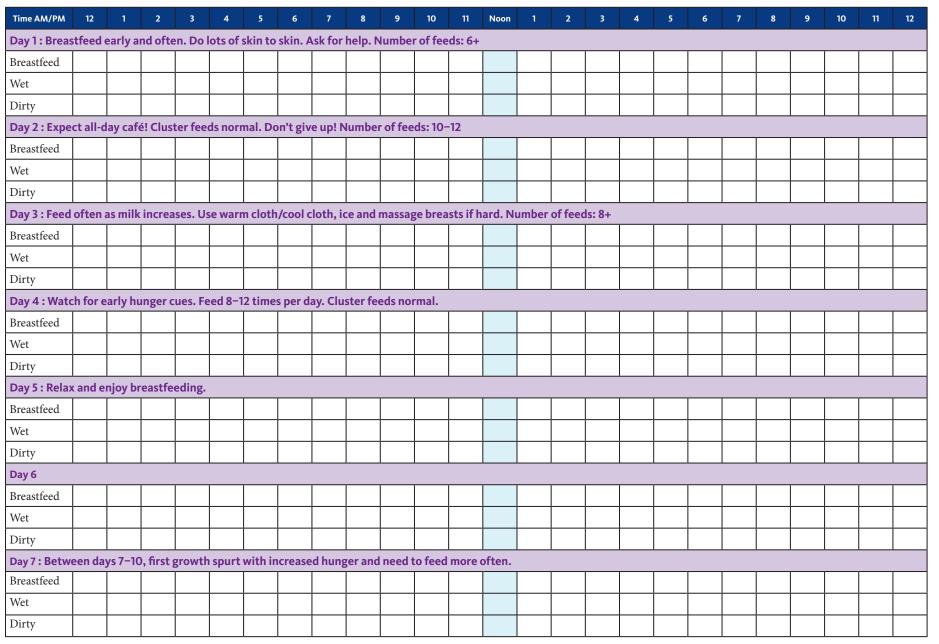
## Breastfeeding Diary Breastfeed baby at least eight times a day.



For the next two weeks, keep a record of when you nurse your baby—check the hour closest to the hour you feed the baby.

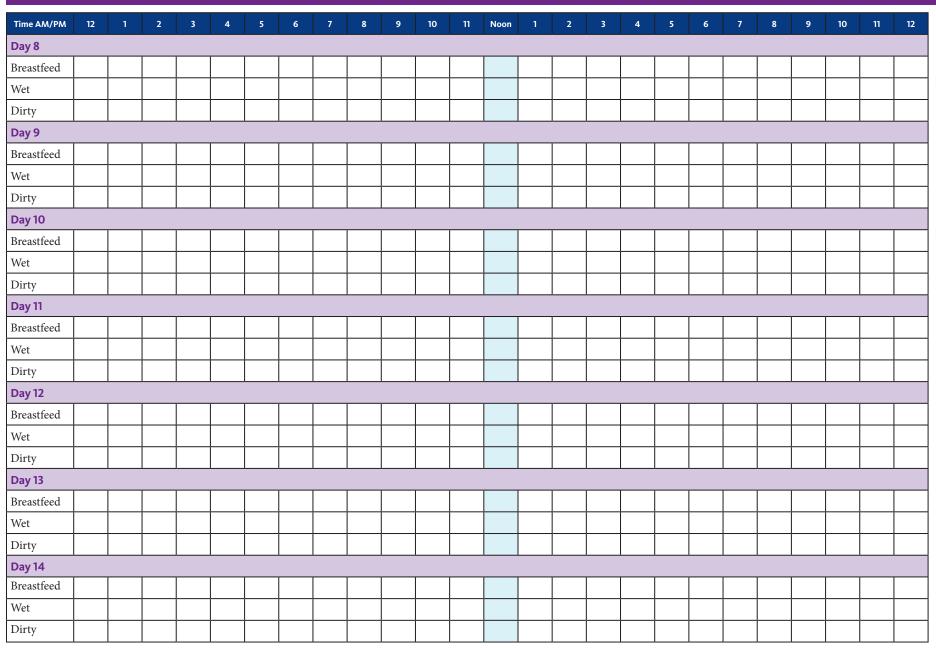
Track wet and dirty diapers by checking when you change these diapers. Take this diary when you go in for the baby's two-week check-up.

	Size of Baby's Tummy	Wet Diapers to Have	Dirty Diapers to Have
	Day 1–2 Size of Cherry	2	1-2 Black or Dark Green
	Day 3-5 Size of Walnut	3 7 7 7 4 7 7 7 5 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7	Brown, Green or Yellow
	Day 6-9 Size of Apricot	6 Or more	Yellow, Soft and Seedy

### **Breastfeeding Helplines:**

■ Mease Countryside Hospital	(727) 725-6821
Morton Plant Hospital	(727) 462-7749
St. Joseph's Women's Hospital	(813) 872-3932
St. Joseph's Hospital-North	(813) 872-3932
St. Joseph's Hospital-South	(813) 302-8338
South Florida Baptist Hospital	(813) 757-8343
Winter Haven Hospital	(863) 294-7068

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### **Steps of Latch**



Tickle baby's lips with nipple. Aim nipple to roof of mouth.



When mouth opens wide, bring baby quickly to breast, chin first.



Make sure baby's lips are turned out like a fish.



Keep baby close with chin touching breast. Listen for swallows.

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