
































Breastfeeding Diary

Breastfeed baby at least eight times a day.

Time AM/PM	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12
Day 1 : Breastfeed early and often. Do lots of skin to skin. Ask for help. Number of feeds: 6+																									
Breastfeed																									
Wet																									
Dirty																									
Day 2 : Expect all-day café! Cluster feeds normal. Don't give up! Number of feeds: 10–12																									
Breastfeed																									
Wet																									
Dirty																									
Day 3 : Feed often as milk increases. Use warm cloth/cool cloth, ice and massage breasts if hard. Number of feeds: 8+																									
Breastfeed																									
Wet																									
Dirty																									
Day 4 : Watch for early hunger cues. Feed 8–12 times per day. Cluster feeds normal.																									
Breastfeed																									
Wet																									
Dirty																									
Day 5 : Relax and enjoy breastfeeding.																									
Breastfeed																									
Wet																									
Dirty																									
Day 6																									
Breastfeed																									
Wet																									
Dirty																									
Day 7 : Between days 7–10, first growth spurt with increased hunger and need to feed more often.																									
Breastfeed																									
Wet																									
Dirty																									

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 	1  2 	1–2   Black or Dark Green
Day 3–5 Size of Walnut 	3    4     5     	3    Brown, Green or Yellow
Day 6–9 Size of Apricot 	6       Or more	3    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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Breastfeed baby at least eight times a day.

Time AM/PM	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	12
Day 8																									
Breastfeed																									
Wet																									
Dirty																									
Day 9																									
Breastfeed																									
Wet																									
Dirty																									
Day 10																									
Breastfeed																									
Wet																									
Dirty																									
Day 11																									
Breastfeed																									
Wet																									
Dirty																									
Day 12																									
Breastfeed																									
Wet																									
Dirty																									
Day 13																									
Breastfeed																									
Wet																									
Dirty																									
Day 14																									
Breastfeed																									
Wet																									
Dirty																									

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Steps of Latch



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



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



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



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

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