

**How to tell when your baby is ready to feed**

Watch for *feeding cues*, even if he is asleep. Try to feed him before he starts crying. Watch and listen for:

- Sucking movements of mouth and tongue, rooting
- Restlessness or increased body movements, especially hand to mouth movements
- Small sounds
- Crying (a *late* feeding cue)

**How often to feed**

A new baby needs to nurse at least 8-12 times in 24 hours. To breastfeed successfully, it's important to nurse whenever the baby is hungry. Usually this works out to a feeding every 1 to 3 hours (timed from the start of one feed to the start of the next). Some babies like to bunch several feedings into only a few hours. This is called 'cluster feeding.' Sometimes after cluster feeding your baby may take a longer nap, up to 4-6 hours. This is normal and your baby can have one 4-6 hour nap in 24 hours - as long as she is still feeding 8-12 times in the same 24 hours.

**How long on each side**

Once latched well, leave the baby on the first breast until he will no longer suck and swallow. This may take anywhere from 15 to 60 minutes, or sometimes more, every baby is different. Then try to burp the baby and nurse on the other side if he is willing or, still showing feeding cues. It is fine to nurse on just one breast per feeding if your baby is satisfied at the end of the first breast. Let the baby decide when the feeding is over – he will let go on his own and probably fall asleep. At the next feed start baby on the opposite side.

**Good positioning – not time limits – will prevent soreness.**

**Please complete this breastfeeding record during your baby's first week. Tear it off and keep it close to you.  
Your midwife will ask for this information at her visits.**

<b>DAY 1</b> First 24 hours after birth	<b>DAILY FEEDINGS</b>	Date: _____ Time Period: _____ to _____															<b>GOAL:</b> breastfeed as soon as possible, your breasts are full of colostrum, minimum 6 feeds, no bottles, no pacifiers	
	Time Feeding Begins																	
	Duration																	
	Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R		L/R
	<b>Total number of feedings in this 24 hour period:</b>		<input style="width: 50px;" type="text"/>															
	<b>DIAPERS</b>		Please indicate with a (✓)														<b>TOTAL</b>	
	Wet Diapers																	
	Soiled Diapers (black, sticky, meconium)																	

<b>DAY 2</b>	<b>DAILY FEEDINGS</b>	Date: _____ Time Period: _____ to _____															<b>GOAL:</b> nurse often, minimum 8 to 10 times, baby may cluster feed frequently, no bottles, no pacifiers	
	Time Feeding Begins																	
	Duration																	
	Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R		L/R
	<b>Total number of feedings in this 24 hour period:</b>		<input style="width: 50px;" type="text"/>															
	<b>DIAPERS</b>		Please indicate with a (✓)														<b>TOTAL</b>	
	Wet Diapers																	
	Soiled Diapers (black or brown stool)																	

<b>DAY 3</b>	<b>DAILY FEEDINGS</b>	Date: _____ Time Period: _____ to _____															<b>GOAL:</b> 8 to 12 nursings, breasts feeling fuller as colostrum begins to change to milk, no bottles, no pacifiers	
	Time Feeding Begins																	
	Duration																	
	Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R		L/R
	<b>Total number of feedings in this 24 hour period:</b>		<input style="width: 50px;" type="text"/>															
	<b>DIAPERS</b>		Please indicate with a (✓)														<b>TOTAL</b>	
	Wet Diapers																	
	Soiled Diapers (brown, green or yellow)																	

**DAY 4**

**DAILY FEEDINGS** Date: \_\_\_\_\_ Time Period: \_\_\_\_\_ to \_\_\_\_\_

Time Feeding Begins																
Duration																
Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R

Total number of feedings in this 24 hour period:

**DIAPERS**

Please indicate with a (✓)

TOTAL

Wet Diapers																
Soiled Diapers (loose, brown or yellow)																

**GOAL:** 8 to 12 nursings, breasts are full as colostrum changes to milk, no bottles, no pacifiers

**DAY 5**

**DAILY FEEDINGS** Date: \_\_\_\_\_ Time Period: \_\_\_\_\_ to \_\_\_\_\_

Time Feeding Begins																
Duration																
Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R

Total number of feedings in this 24 hour period:

**DIAPERS**

Please indicate with a (✓)

TOTAL

Wet Diapers																
Soiled Diapers (loose, yellow)																

**GOAL:** 8 to 12 nursings, your milk is in, no bottles, no pacifiers

**DAY 6**

**DAILY FEEDINGS** Date: \_\_\_\_\_ Time Period: \_\_\_\_\_ to \_\_\_\_\_

Time Feeding Begins																
Duration																
Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R

Total number of feedings in this 24 hour period:

**DIAPERS**

Please indicate with a (✓)

TOTAL

Wet Diapers																
Soiled Diapers (loose, yellow)																

**GOAL:** 8 to 12 nursings, you're nipples are less sore, no bottles, no pacifiers

**DAY 7**

**DAILY FEEDINGS** Date: \_\_\_\_\_ Time Period: \_\_\_\_\_ to \_\_\_\_\_

Time Feeding Begins																
Duration																
Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R

Total number of feedings in this 24 hour period:

**DIAPERS**

Please indicate with a (✓)

TOTAL

Wet Diapers																
Soiled Diapers (yellow and seedy)																

**GOAL:** 8 to 12 nursings, you are becoming confident with breastfeeding, keep up the great work !

**DAY 8**

**DAILY FEEDINGS** Date: \_\_\_\_\_ Time Period: \_\_\_\_\_ to \_\_\_\_\_

Time Feeding Begins																
Duration																
Breast	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R	L/R

Total number of feedings in this 24 hour period:

**DIAPERS**

Please indicate with a (✓)

TOTAL

Wet Diapers																
Soiled Diapers (yellow and seedy)																

**GOAL:** 8 to 12 nursings, keep up the great work !