

SIGNS OF SUCCESSFUL BREASTFEEDING BREASTFEEDING & PUMPING LOG

Infant feedings/24 hours	Infant's urine & stools/24 hours				
Feedings in the early weeks - 8-12 feedings/24 hours or a	Urination : 1 or more urinations per day of life until day 6.				
feeding every 2-3 hours. The average is usually 10 feedings;					
minimum is 8 feedings/24 hours	After day 6, babies should have 6 or more wet, soaking				
 Babies with less than 8 feedings/24 hours usually do 	diapers/24 hours.				
not grow well					
 Regains birth weight by 2 weeks of age 					
The quality of the feeding is more important than exact time	Stools: Meconium (thick black green in color) usually the first				
spent at breast.	24-72 hours depending on infant intake				
Swallowing = Feeding Long suckles with a slight pause and audible swallowing are indications of an effective feeding.	Transitional (color thinning green to brown), follows meconium, last +/- 24 hours depending on intake				
Cluster feeding, which is having several feedings close together, is normal in the newborn period and any time a mother's milk supply is less than a baby's need (i.e. evening hours, growth spurts). All feedings occurring within 1 hour are considered 1 feeding.	Yellow seedy and thin in composition, color will vary according to mom's diet; should see 3-4 or more stools/24 hours at least 1 tablespoon in size; will usually see one with most feeds; amounts will vary				

Date	Time Started	Breastfed, Left/Right Side & How Long	Wet	Color	Stool	Color	Supplement Type & Amount Given to Baby M=Mom's milk D=Donor milk F=Formula	Amount Pumped or Hand Expressed



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Date	Time	Left/Right Side & How Long	Wet	Color	Stool	Color	Supplement Type & Amount Given to Baby (if any)	Amount Pumped or Hand Expressed (if any)
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