

# Keeping Track of When My Baby Feeds

## A Baby Feeding Log

Please write in the boxes below when you feed your baby.  
 Start writing on a new log each 24 hour period, starting at birth.

### How do I do this?

Write the time you started feeding your baby under the Hour start.

- Write the length of time in minutes the baby feeds.

When you breastfeed:

- Write R if you are feeding from the right breast or L if you are feeding from the left breast.
- Place a ✓ mark when the baby actively feeds. Active feeding is when your baby is latching on to the breast, starts sucking and keeps sucking with short pauses. Baby does not slide off nipple easily. Baby takes both breasts.
- Write the time your baby tried to feed.

If you are giving your baby expressed breastmilk, (EBM), donor milk or formula:

Write the amount in millilitres (mL) in the column when your baby received EBM, donor milk or formula.

Place a ✓ mark under the diaper wet/dirty column to track the number of wet and/ or dirty diapers your baby has.

Start Date: \_\_\_\_\_ Time: \_\_\_\_\_ End Date: \_\_\_\_\_

Time		Feeding Your Baby					Diaper	
Hour Start	Length of feed min.	Breast			EBM/ Donor Milk mL	Formula mL	Wet ✓	Dirty ✓
		R/L Breast	Active feed ✓	Tried to feed				

