

Infant Feeding Chart

Instructions

1. Record the time you start each feeding and which breast you started on.
2. Put a mark on the "wet" line for each wet diaper and a mark on the "stools" line for each stool.
3. Call your pediatrician or lactation consultant if you have any concerns.

Example

3:35	am	(L)	(X)
	pm		
5:15	am	(X)	(R)
	pm		
9:00	am	(L)	(R)
	pm		
12:30	am	(X)	(R)
	pm		
1:10	am	(L)	(R)
	pm		
4:00	am	(X)	(R)
	pm		
5:30	am	(L)	(R)
	pm		
9:20	am	(X)	(R)
	pm		

11:15 PM - right

wet: | | |

stools: | |

Day One

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Two

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Three

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Four

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Five

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Six

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____

Day Seven

_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		
_____	am	(L)	(R)
_____	pm		

wet: _____

stools: _____