

## Newborn Breastfeeding Log

Circle every hour when your baby starts a breastfeed. Circle a **W** when your baby has a wet nappy. Circle a **D** when you baby has a dirty nappy.

Your baby may breastfeed 6–8 times a day or more than 12 times each day and may have more wet or dirty nappies than the log shows. But remember, although you can breastfeed too little, you can't breastfeed too often.

Day One (baby is less than a day old)		GOAL
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>6 to 8+</b>
Wet nappies	W W W	<b>1</b>
Meconium Nappy (black and tar-like)	D D D	<b>1</b>
Day Two (baby is one day old)		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>6 to 8+</b>
Wet nappies	W W W W	<b>2</b>
Dirty Nappy (brown and tar-like)	D D D D	<b>2</b>
Day Three (baby is two days old)		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>8 to 12+</b>
Wet nappies	W W W W W	<b>3</b>
Dirty Nappy (Greenish)	D D D D	<b>2</b>
Day Four (baby is three days old)		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>8 to 12+</b>
Wet nappies	W W W W W W	<b>4</b>
Dirty Nappy (Yellowish)	D D D D D D	<b>3</b>

<b>Day Five (baby is four days old)</b>		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>8 to 12+</b>
Wet nappies	W W W W W W	<b>5</b>
Dirty Nappy (Yellowish)	D D D D D D	<b>3</b>
<b>Day Six (baby is five days old)</b>		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>8 to 12+</b>
Wet nappies	W W W W W W W W	<b>6</b>
Dirty Nappy (Yellowish)	D D D D D D	<b>4</b>
<b>Day Seven (baby is six days old)</b>		
Breastfeeds	12 1 am 2 3 4 5 6 7 8 9 10 11 12 1 pm 2 3 4 5 6 7 8 9 10 11	<b>8 to 12+</b>
Wet nappies	W W W W W W W W	<b>6 to 8</b>
Dirty Nappy (Yellowish)	D D D D D D D D D D	<b>4 to 12</b>

If you're anxious about any part of breastfeeding or the number of nappies your baby produces, speak to your midwife or contact a lactation consultant.