

Take this record to your baby's checkup!

Questions to ask your baby's doctor:

---

---

---

---

### Signs that breastfeeding is going well

- » When your baby is breastfeeding, her mouth is open wide like a yawn with her lips flipped out.
- » You can hear the baby swallowing as he breastfeeds.
- » Your baby breastfeeds at least 8 times every 24 hours.
- » Your baby is happy or sleepy after breastfeeding.
- » By the end of the first week, your baby wets at least 4 diapers every day.
- » By the end of the first week, your baby makes at least 3 soft yellow bowel movements every 24 hours.

✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

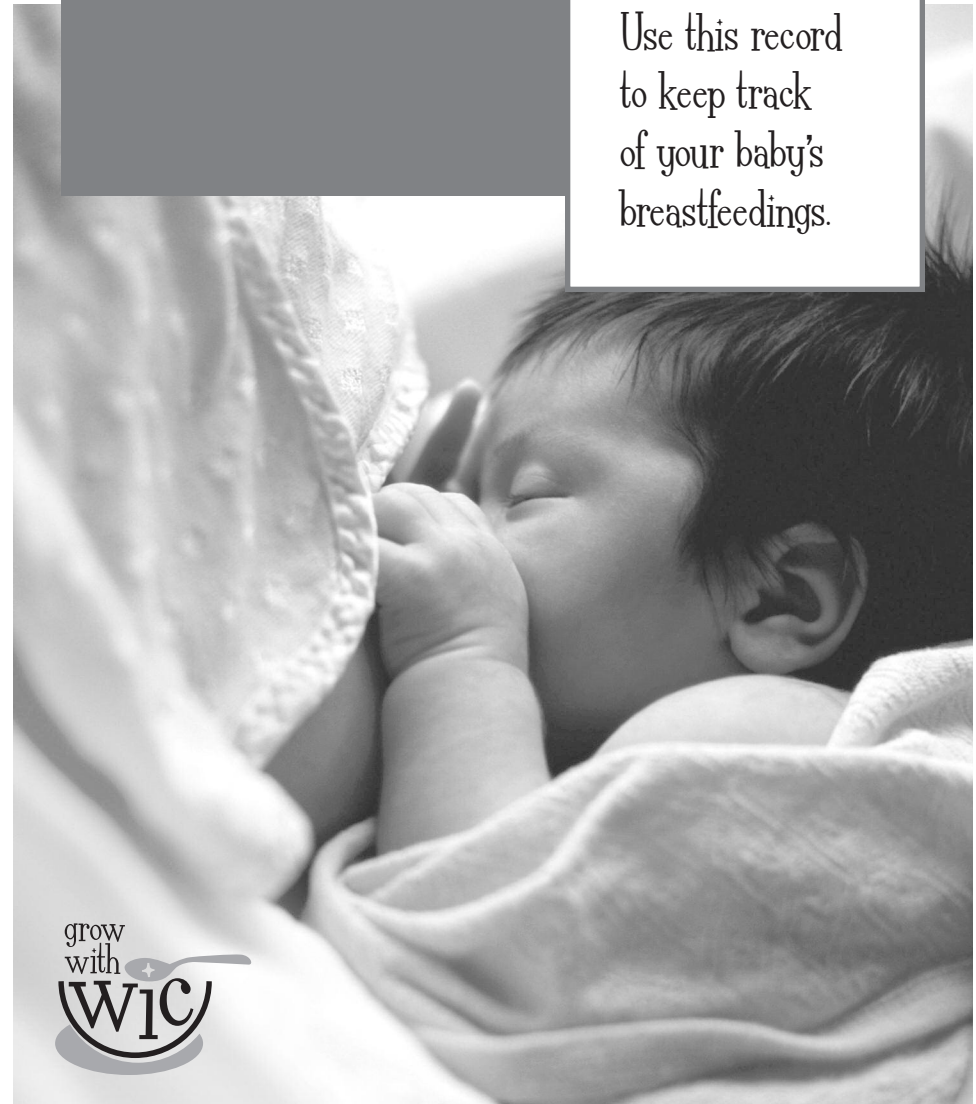
Baby's Breastfeeding Record adapted from Kay Hoover, MEd, IBCLC, Philadelphia Department of Public Health and Best Start Social Marketing, Inc.

These recommendations are based on the 2005 American Academy of Pediatrics Policy Statement on Breastfeeding and the Use of Human Milk.

MAKE HEALTH PART OF YOUR FAMILY  
RHODE ISLAND DEPARTMENT OF HEALTH

# Breastfeeding Record for Baby's First Week

Use this record to keep track of your baby's breastfeedings.



# Breastfeeding Record for Baby's First Week

Keep this record and a pencil near you during the first week of your baby's life to keep track of your baby's breastfeedings, wet diapers, and bowel movements.

A sample is provided in the shaded box below.

**Breastfeedings:** Circle the **Bf** whenever your baby breastfeeds.

**Wet Diapers:** Circle the **W** whenever your baby has a wet diaper.

**Bowel Movements:** Circle the **BM** whenever your baby has a bowel movement.

It is okay if your baby has more breastfeedings, wet diapers, or bowel movements than the goal for the day. You can write in additional **Bfs**, **Ws**, or **BMs**. Keeping this record will help you know your baby is doing fine!

**If your baby has fewer Bfs, Ws, or BMs than the goal for that day, call your doctor or breastfeeding helper.** Remember – don't feel shy about asking questions.

SAMPLE day three								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 3-5				<b>W</b>	<b>W</b>	<b>W</b>		
<b>Brown or green bowel movements</b> Today's goal: 3-4				<b>BM</b>	<b>BM</b>	<b>BM</b>		
<b>On day three, this baby met the day's goal of at least 8 breastfeedings, 3 wet diapers, and 3 brown or green bowel movements.</b>								

day one								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
» Any bowel movements will be black and tarry. » The doctors and nurses at the hospital will monitor your baby's health.								

day two								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
» Any bowel movements will be brown and tarry. » The doctors and nurses at the hospital will monitor your baby's health.								

day three								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 3-5				<b>W</b>	<b>W</b>	<b>W</b>		
<b>Brown or green bowel movements</b> Today's goal: 3-4				<b>BM</b>	<b>BM</b>	<b>BM</b>		

day four								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 3-5				<b>W</b>	<b>W</b>	<b>W</b>		
<b>Loose yellow bowel movements</b> Today's goal: 3-4				<b>BM</b>	<b>BM</b>	<b>BM</b>		

day five								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 4-6				<b>W</b>	<b>W</b>	<b>W</b>	<b>W</b>	
<b>Loose yellow bowel movements</b> Today's goal: 3-6				<b>BM</b>	<b>BM</b>	<b>BM</b>		

day six								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 4-6				<b>W</b>	<b>W</b>	<b>W</b>	<b>W</b>	
<b>Loose yellow bowel movements</b> Today's goal: 3-6				<b>BM</b>	<b>BM</b>	<b>BM</b>		

day seven								
<b>Breastfeedings</b> Today's goal: 8-12	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>	<b>Bf</b>
<b>Wet diapers</b> Today's goal: 4-6				<b>W</b>	<b>W</b>	<b>W</b>	<b>W</b>	
<b>Loose yellow bowel movements</b> Today's goal: 3-6				<b>BM</b>	<b>BM</b>	<b>BM</b>		