

BREASTFEEDING AND DIAPER DIARY

TIPS FOR BREASTFEEDING:

- Breastfeeding your baby on demand, at least 8-12 times/24 hours for newborns.
- Rest, eat well, drink fluids to satisfy your thirst.
- Avoid bottles and pacifiers during the first 2-3 weeks to help get breastfeeding off to a good start.
- Minimize visitors. Spend your day resting, cuddling, and feeding your baby.

CALL YOUR CARE PROVIDER, WIC NURSE, OR LACTATION NURSE IF:

- Baby is nursing more than 14 times per 24 hours.
- Swallowing not heard and/or breasts do not soften after feeds.
Baby's urine is dark after day 3.
- Baby's poopy diapers are still black or brown after day 5.

For additional help, please call Avera McKennan's Lactation Support Services, (605) 322-4490.

Questions for care provider: _____

DIRECTIONS FOR FEEDING AND DIAPER DIARY:

- Circle the hour closest to when your baby STARTS each breastfeeding.
- Circle a W for every wet diaper. If you cannot tell if your baby is having wet diapers, lay a clean piece of tissue (toilet paper or Kleenex) in diaper.
- Circle a P for every poopy diaper that is at least a quarter in size.
Place an X through the circled P when the poopy diapers are a mustard yellow color.
- Your baby may have more wet or poopy diapers than shown, which is great!!

<p>1 Day Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W Poopy Diapers: P</p>
<p>2 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W Poopy Diapers: P P</p>
<p>3 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W W Poopy Diapers: P P P</p>
<p>4 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W W W Poopy Diapers: P P P P</p>
<p>5 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W W W W Poopy Diapers: P P P P P</p>
<p>6 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W W W W W Poopy Diapers: P P P P P P</p>
<p>7 Days Old Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11 Wet Diapers: W W W W W W Poopy Diapers: P P P P P P</p>

WEEK 2 – NO NEED TO CONTINUE WITH FEEDING AND DIAPER DIARY IF:

- Audible swallowing easily heard
- Breasts soften after feeding
- At least 5-6 wet diapers and 4 or more yellow poopy diapers each day (poopy diaper as frequently as every feeding is common).

<p>8 Days Old</p> <p>Feedings 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers W W W W W W</p> <p>Poopy Diapers P P P P</p>
<p>9 Days Old</p> <p>Feedings 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers W W W W W W</p> <p>Poopy Diapers P P P P</p>
<p>10 Days Old</p> <p>Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers: W W W W W W</p> <p>Poopy Diapers: P P P P</p>
<p>11 Days Old</p> <p>Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers: W W W W W W</p> <p>Poopy Diapers: P P P P</p>
<p>12 Days Old</p> <p>Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers: W W W W W W</p> <p>Poopy Diapers: P P P P</p>
<p>13 Days Old</p> <p>Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers: W W W W W W</p> <p>Poopy Diapers: P P P P</p>
<p>14 Days Old</p> <p>Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11</p> <p>Wet Diapers: W W W W W W</p> <p>Poopy Diapers: P P P P</p>

Diary provided by Avera McKennan, Breastfeeding Support Services – (605) 322-4490