

# BREASTFEEDING TRACKER

*DreamBabyCafe.com*



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# SIGNS OF A GOOD BREASTFEEDING

[DreamBabyCafe.com](http://DreamBabyCafe.com)

Baby is feeding 8-12 times in 24 hours

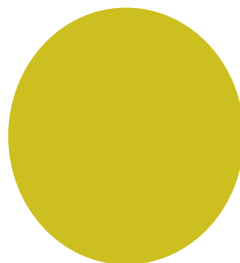
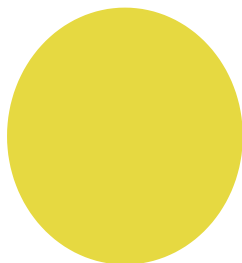
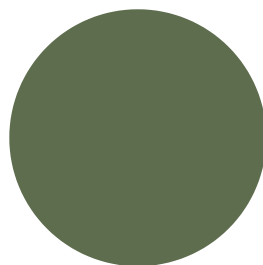
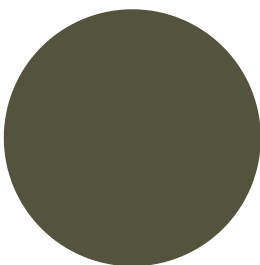
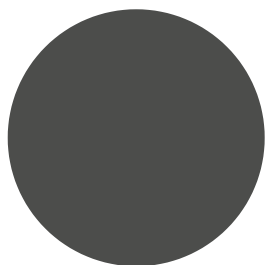
Baby is content between feedings

Baby is having 3 wet and 3 poopy diapers by day 4

Baby has active bursts of feeding at the breast

Mom's breasts feel less full after a feeding

Stool color transitions from tarry black to seedy yellow stools by day 5



# Breastfeeding Chart

Put an X over the number of times per day your baby breastfeeds, has a wet and poopy diaper.. The number on the chart is the minimum # expected. More is OK. If your baby is not having the minimum number on the chart, call your health care provider

1

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1

Black Tarry Stools - 1

2

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2

Black Green 1 2

3

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3

Brown stools 1 2

4

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3 4

Yellow stools 1 2 3

# Breastfeeding Chart

Put an X over the number of times per day your baby breastfeeds, has a wet and poopy diaper.. The number on the chart is the minimum # expected. More is OK. If your baby is not having the minimum number on the chart, call your health care provider

5

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3 4 5

Yellow seedy stools 1 2 3

6

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3 4 5 6

Yellow seedy stools 1 2 3

7

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3 4 5 6

Yellow seedy stools 1 2 3

8

**Feed** 8-12 X

1 2 3 4 5 6 7 8 9 10 11 12

Wet diapers 1 2 3 4 5 6

Yellow seedy stools 1 2 3

The American Academy of Pediatrics recommends that all babies have a followup appointment with their pediatrician within 48 hours of discharge from the hospital or day 3-5 of life. This is an important opportunity to evaluate how feeding is going and to weigh the baby. You might want to make this appointment before you leave the hospital. You can take your tracker with you for review.

If your baby is not showing these signs of good feeding, make an appointment right away with your health care provider or with an International Board Certified Lactation Consultant. (IBCLC). You can find a lactation consultant in your area at [www.ILCA.org](http://www.ILCA.org). I offer virtual lactation consultations and home visit consultations and would love to work with you. You can find that information on my website at [www.DreamBabyCafe.com/Breastfeeding](http://www.DreamBabyCafe.com/Breastfeeding). And remember, you don't have to be struggling to see a lactation consultant. Every mom deserves to receive support for breastfeeding her baby.



LuAnn Marlow is the Founder and Baby Coach at Dream Baby Cafe. She has been a Pediatric Nurse Practitioner for over 25 years. She is an International Board Certified Lactation Consultant and loves to help take the frustration and confusion out of caring for babies so that moms can spend their time enjoying their babies. She is the Mom of 4 boys and knows first hand that we moms can put a lot of pressure on ourselves to do everything perfectly. She enjoys helping moms decrease all that stress and learn to listen to their own instincts about the kind of mama they want to be for their babies. You can join her over at [The Dream Baby Cafe](http://TheDreamBabyCafe.com)