



daily breastfeeding Tracker

Name: _____

Signs that your baby is doing well

**At least 6 wet
diapers per day
starting the 5th
day**

At least 8 feedings per 24h

**At least 1 soiled
diapers by 24h**

**Your baby
sucks
vigorously
and swallows
often**

Baby is active and calm

[illegible]

































diapers

Wet: 

Dirty: 

you can do it strong mom!

GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 WEEK							2 WEEKS	3 WEEKS
	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS		
How Often Should You Breastfeed? Per day, on average over 24 hours	       								
Your Baby's Tummy Size	 Size of a cherry		 Size of a walnut		 Size of an apricot		 Size of an egg		
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	 At least 1 WET	  At least 2 WET	  At least 3 WET	    At least 4 WET	    At least 6 HEAVY WET WITH PALE YELLOW OR CLEAR URINE				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	 At least 1 to 2 BLACK OR DARK GREEN		  At least 3 BROWN, GREEN, OR YELLOW		    At least 3 large, soft and seedy YELLOW				
Your Baby's Weight	Babies lose an average of 7% of their birth weight in the first 3 days after birth.							From Day 4 onward your baby should gain 20 to 35g per day (2/3 to 1 1/3 oz) and regain his or her birth weight by 10 to 14 days.	
Other Signs	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.								

Breast milk is all the food a baby needs for the first six months — At six months of age begin introducing solid foods while continuing to breastfeed until age two or older. (WHO, UNICEF, Canadian Pediatric Society)

If you need help ask your doctor, nurse, or midwife. To find the health department nearest you, call INFO line: 1-800-268-1154. For peer breastfeeding support call La Leche League Canada Referral Service 1-800-665-4324.