

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

diapers

A horizontal row of 15 pink line-art icons, each depicting a diaper. The icons are arranged in a single line. To the left of the icons, the word "Wet:" is written in a dark grey sans-serif font.

Dirty:                       

you can do it strong mom!

GUIDELINES FOR NURSING MOTHERS

Your Baby's Age	1 DAY	2 DAYS	3 DAYS	4 DAYS	5 DAYS	6 DAYS	7 DAYS	2 WEEKS	3 WEEKS		
How Often Should You Breastfeed? Per day, on average over 24 hours	        	        	        	        	        	        	        	        	        	        	        
Your Baby's Tummy Size	        	        	        	        	        	        	        				
Wet Diapers: How Many, How Wet Per day, on average over 24 hours	        	        	        	        	        	        	        				
Soiled Diapers: Number and Colour of Stools Per day, on average over 24 hours	        	        	        	        	        	        	        				
Your Baby's Weight	Babies lose an average of 7% of their birth weight in the first 3 days after birth.										
Other Signs	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.										
	Your baby should have a strong cry, move actively and wake easily. Your breasts feel softer and less full after breastfeeding.										