

## My Breastfeeding Record for the First Week

Use this record when you breastfeed and when your baby needs a diaper change during the first week. This will help you keep track of how well your baby is breastfeeding. Look at the sample.

1. Circle the hour closest to when your baby starts each breastfeeding.
2. Circle the **W** when your baby has a wet diaper.
3. Circle **BM** when your baby has a bowel movement.

It is OK for your baby to have more wet diapers or more bowel movements than the goal. Call your breastfeeding helper if your baby has less than the goal on the record.

**Birth Date:** \_\_\_/\_\_\_/\_\_\_

**Time:** \_\_\_\_\_ AM PM

**Birth Weight** \_\_\_\_\_

**Discharge Weight** \_\_\_\_\_

<p><b>Sample for Day One</b></p> <p>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 Diaper <span style="margin-left: 150px;">(W)</span></p> <p>Black tarry bowel movement <span style="margin-left: 150px;">(BM) (BM)</span></p> <p>On the first day this baby fed 7 times, wet one diaper, and had two bowel movements</p>	<p><b>Goal</b> (at least) 6 to 8</p> <p>1</p> <p>1</p>
<p><b>Day One</b></p> <p>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 Diaper <span style="margin-left: 150px;">W</span></p> <p>Black tarry bowel movement <span style="margin-left: 150px;">BM</span></p>	<p><b>Goal</b> (at least) 6 to 8</p> <p>1</p> <p>1</p>
<p><b>Day Two</b></p> <p>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 Diaper <span style="margin-left: 150px;">W W</span></p> <p>Brown tarry bowel movement <span style="margin-left: 150px;">BM BM</span></p>	<p><b>Goal</b> (at least) 6 to 8</p> <p>2</p> <p>2</p>
<p><b>Day Three</b></p> <p>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 Diaper <span style="margin-left: 150px;">W W W</span></p> <p>Green bowel movement <span style="margin-left: 150px;">BM BM</span></p>	<p><b>Goal</b> (at least) 8 to 12</p> <p>3</p> <p>2</p>
<p><b>Day Four</b></p> <p>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 Diaper <span style="margin-left: 150px;">W W W W</span></p> <p>Yellow bowel movement <span style="margin-left: 150px;">BM BM BM</span></p>	<p><b>Goal</b> (at least) 8 to 12</p> <p>4</p> <p>3</p>

