



born to thrive

Feeding & Diapering Log

Babies can be very sleepy during the first 24 hours after birth. They tend to cluster feed and be fussy on their second night. Generally, babies nurse every 1-3 hours. You should watch for hunger cues and nurse on demand. If your baby is not waking up by 3 hours after their last feeding, try to wake them for feedings.

- This is a handy chart you can use every day. Bring it with you to your baby's first few appointments.
- Write the start and stop time of each feeding in the boxes below. Tally the total number of minutes that your baby actively breastfeeds.
- The goal is at least 10 to 12 feedings every 24 hours.

The circles below show the minimum target number of wet and messy diapers.

		1	2	3	4	5	6	7	8	9	10	11	12	WET	MESSY
HOURS 1-24	START													○	○
	STOP														
	TOTAL														
HOURS 24-48	START													○○	○○
	STOP														
	TOTAL														
HOURS 48-72	START													○○○	○○○
	STOP														
	TOTAL														
DAY 4	START													○○ ○○	○○○
	STOP														
	TOTAL														
DAY 5	START													○○○ ○○	○○○
	STOP														
	TOTAL														
DAY 6	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 7	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 8	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 9	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 10	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 11	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 12	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 13	START													○○○ ○○○	○○○
	STOP														
	TOTAL														
DAY 14	START													○○○ ○○○	○○○
	STOP														
	TOTAL														

- Contact your baby's pediatrician if they are not meeting feeding and diaper minimum expectations.
- To receive 24-hour nurse advice, call **404-365-0966**.
- For breastfeeding support, call the Lactation Line at **770-496-3409**, Monday-Friday, 9 a.m. - 4:30 p.m.