



Infant-feeding Log

In the beginning days of infant-feeding, many mothers have concerns about how well things are going. This log can be used to help you tell.

Instructions:

1. Each day, circle the appropriate time to the nearest hour that you start a feeding.
2. If you are formula-feeding, fill in the blank under the time with what and how much was given.
3. Mark off the first four bowel movements that your baby has during each 24 hour period.
4. Mark off the first six wet diapers your baby has during each 24 hour period. (Babies often wet less often in the hospital.)

Breast-fed babies need to be offered the breast approximately every 3 to 4 hours in the hospital. (They may not breastfeed each time it is offered.)

Bottle fed babies will generally need to be fed every 3 to 5 hours.

Signs of baby's hunger include: bringing her hand to her mouth, "rooting" or trying to suck his fist, bending his arms and vocal cues (short, high-pitched noises while trying to root).

Infant-feeding Start Time														Date _____											
Midnight											Noon														
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
Supplement (amount and how given)																									
Bowel Movements				1	2	3	4	+	Wet Diapers				1	2	3	4	5	6	+	Total Number of Feedings in 24 Hours _____					

Infant-feeding Start Time														Date _____											
Midnight											Noon														
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
Supplement (amount and how given)																									
Bowel Movements				1	2	3	4	+	Wet Diapers				1	2	3	4	5	6	+	Total Number of Feedings in 24 Hours _____					

Infant-feeding Start Time														Date _____											
Midnight											Noon														
12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11		
Supplement (amount and how given)																									
Bowel Movements				1	2	3	4	+	Wet Diapers				1	2	3	4	5	6	+	Total Number of Feedings in 24 Hours _____					