Feeding and Diaper Record

Use this chart to record your baby's feedings and diaper changes. Be sure to take it with you to your baby's first pediatrician visit.

Breastfeeding				Diaper Change		Notes
Date	**Start/End Time**	**Minutes at Breast**		Wet (6-8 in 24 hours)	Stool (3-4 in 24 hours)	Add a check mark to incidcate that you heard baby swallow when breastfeeding; if bottle feeding, include number of total ounces for the time listed to the left.
		Left Breast	Right Breast			
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Provided by Tina Millican, Postpartum Doula, www.doulaservicesnw.com
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