

Your breastfeeding diary

Please make sure you keep this to hand for when you make contact with your midwife, maternity support worker or visit Breastfeeding Babes.

Over the next few days it will be important for you and your baby to learn how to breastfeed. This diary will help you keep a note of when you are feeding your baby and make you feel confident that your baby is feeding well.

- There is plenty of help available, please ask. Please refer to the “Help and support with breastfeeding” information.
- The “Off to the best start” leaflet gives some helpful photographs about how to make sure your baby is attached to the breast. This will be given to you when you arrive on the postnatal ward.
- All the above information can be viewed on our website www.uhs.nhs.uk/feedingyourbaby
- When your midwife discharges you this diary will be returned to your medical records.

The chart in this leaflet will remind you how your baby has been feeding so you can discuss it with us when we contact you.

Record of skin to skin contact. You should aim to give your baby at least an hour of uninterrupted skin to skin contact following birth, or until after the first feed.

Length of time skin to skin was achieved for..... Discontinued due to.....

Signed.....

Record of support being given with the first feed.

Support given by..... Signed.....

Midwife/maternity support worker's observation of feed before discharge home.

Signed.....

Your breastfeeding diary

Diary Example

Over the following pages you will find some useful information and daily tables for you to record your baby's feeds. Don't worry if you don't use the diary every day, you may still find it useful. You can also make a note of anything you would like to discuss with your health professional when they next visit.

See below for an example of how to fill out a chart.

Day One			
6	am pm	L	R
10.30	am pm	L	R
3	am pm	L	R
7	am pm	L	R
10	am pm	L	R
_____	am pm	L	R
_____	am pm	L	R
_____	am pm	L	R
Wet			
Dirty			
Colour of poos	black		

Your breastfeeding diary

Birth-day

- Skin-to-skin contact is recommended for one hour after birth or until baby has had their first breastfeed.
- A feed should be pain free, baby attached well at the breast with good sucking. Please ask for this to be assessed if unsure.
- If your baby fed well at birth offer the breast six hours later, unless baby wakes up before.
- Your baby may only feed three to four times in the first 24 hours.

Birth-day			
Date and time of birth _____			
_____	am pm	L	R
_____	am pm	L	R
_____	am pm	L	R
_____	am pm	L	R
_____	am pm	L	R
Wet	_____		
Dirty	_____		
Colour of poos	_____		

Nappy Contents

The contents of your baby's nappies changes from day to day in the beginning. You should expect:-

Day of birth
Small amounts of urine that may contain "rust" coloured spots of concentrated urine. One or more dirty nappies with black sticky meconium.

Days 1-2
Two or more wet nappies
One or more meconium nappies.

Days 3-4
Three or more wet nappies. The amount will increase and the nappies will feel heavier. Two or more dirty nappies which will now start to change colour from black to brown/green.

Day 5+
Five or more wet heavy nappies.
Two or more soft yellow poos per day.

(see "Off to the best start" for further information).

Your breastfeeding diary

How well your baby sucks and swallows at the breast during the feed is more important than the length of feed. This will vary each time from 10 minutes to 45 minutes. Therefore, it is not necessary to time your baby's feeds.

Day 1 – 2

- Have skin-to-skin contact with your baby whenever you can to help your milk to "come in" and soothe an unsettled baby.
- Encourage your baby to feed frequently day and night, with no more than six hours between feeds.
- Breastfeeding should not be painful. Please ask for assistance if you experience pain when feeding.
- Avoid dummies as they may interfere with breastfeeding.

Day one				Day two			
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
Wet _____				Wet _____			
Dirty _____				Dirty _____			
Colour of poos _____				Colour of poos _____			

Your breastfeeding diary

Days 3 – 4

- Your baby will be demanding more feeds, at least 8 to 12 times in 24 hours.
- You will begin to notice changes in your breast – warmer, heavier and fuller.
- Your baby will be weighed on day three as part of a feeding assessment. It is common for babies to lose up to 10% of their birth weight at this stage.
- Feeds should last for 10 to 45 minutes with good sucking and swallowing, separated by natural pauses.

Day three				Day four			
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
Wet _____				Wet _____			
Dirty _____				Dirty _____			
Colour of poos _____				Colour of poos _____			

Your breastfeeding diary

Days 5 – 10

- You should notice that your breasts are heavier before a feed and lighter after a feed. Some mothers experience a tingling feeling as the feed starts, other do not, **this is normal**.
- Your baby should be more settled after feeds..
- Always offer both breasts at each feed. When your baby comes off the first breast and the breast feels lighter, offer the second. Your baby may not be interested. This is fine, start with this breast at the next feed.
- Your baby should now be feeding at least eight times in 24 hours, including one or two night feeds which are important to maintain a good milk supply.

Day five				Day six			
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
Wet _____				Wet _____			
Dirty _____				Dirty _____			
Colour of poos _____				Colour of poos _____			

Your breastfeeding diary

Day seven				Day eight			
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
Wet _____				Wet _____			
Dirty _____				Dirty _____			
Colour of poos _____				Colour of poos _____			

Your breastfeeding diary

Day nine				Day ten			
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
_____	am			_____	am		
_____	pm	L	R	_____	pm	L	R
Wet _____				Wet _____			
Dirty _____				Dirty _____			
Colour of poos _____				Colour of poos _____			

Well done for getting to 10 days

Remember, "Every day makes a difference to your baby".

If you have any problems or questions about your breastfeeding please ask for help from Breastfeeding Babes or your local support group. To find the nearest group refer to the "Help and support with breastfeeding" information.

For links to a range of helpful information visit www.uhs.nhs.uk/feedingyourbaby