



Name and date of birth or Addressograph

# Your breastfeeding diary

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. It also provides you with useful tips and information to support you on your breastfeeding journey. Please make sure you have your diary available when you contact your midwife, maternity support worker or Breastfeeding Babes.

If you need feeding support during the first couple of weeks after your baby's birth, please contact:

- Breastfeeding Babes on **07786267584**, open from 10am to 1pm, Monday to Friday. Please leave your name, number and a short message via voicemail and a member of the team will contact you. You may be offered a 'face-to-face,' telephone or video consultation.
- Community midwifery co-ordinator (7.30am to 5.30pm) **07786 266529**
- Broadlands Birth Centre (out of hours) **023 8120 6012**
- New Forest Birth Centre (out of hours) **023 8074 7690**

You may also like to:

- visit our website [www.uhs.nhs.uk/feedingyourbaby](http://www.uhs.nhs.uk/feedingyourbaby)
- download the "Off to the best start" booklet from [www.unicef.org.uk](http://www.unicef.org.uk) This booklet has been produced with the Department of Health and has some helpful photographs showing you how to ensure your baby is well attached to your breast.
- download the Google Classroom app and join our online 'infant feeding' workshop. You will require a specific code to access this workshop. Please speak to your midwife for more information.

For more information about local breastfeeding groups and other sources of support please scan the QR codes and visit the websites listed on page 12.

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



You will find some useful information and tables on which to record your baby's feeds on the next few pages. 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.

Here is an example of how to fill out a chart:

Day one			
6	am	(L)	R
	pm		
10.30	am	L	(R)
	pm		
3	am	(L)	R
	pm		
7	am	L	(R)
	pm		
10	am	(L)	(R)
	pm		
	am		
	pm	L	R
	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	black		

## How can I tell that breastfeeding is going well?

Breastfeeding is going well when: 	Talk to your midwife / health visitor / maternity care assistant if: 
Your baby is more than 24 hours old and has 8 or more feeds in a 24 hour period	Your baby is more than 24 hours old but continues to be sleepy and has had less than 6 feeds in a 24 hour period
Your baby will generally feed for between 5 and 40 minutes and will come off the breast spontaneously	Your baby consistently feeds for less than 5 minutes at each feed Your baby consistently feeds for longer than 40 minutes at each feed
	Your baby always falls asleep on the breast and/or never finishes the feed himself
Your baby has normal skin colour	Your baby appears jaundiced (yellow discolouration of the skin) Most jaundice in babies is not harmful, however, it is important to check your baby for any signs of yellow colouring particularly during the first week of life. The yellow colour will usually appear around the face and forehead first and then spread to the body, arms and legs. A good time to check is when you are changing a nappy or clothes. From time to time press your baby's skin gently to see if you can see a yellow tinge developing. Also check the whites of your baby's eyes when they are open and the inside of his/her mouth when open to see if the sides, gums or roof of the mouth look yellow
Your baby is generally calm and relaxed whilst feeding and is content after most feeds	Your baby comes on and off the breast frequently during the feed or refuses to breastfeed
Your baby has wet and dirty nappies (see chart on page 3)	Your baby is not having the wet and dirty nappies explained (see chart on page 3)
Breastfeeding is comfortable	You are having pain in your breasts or nipples, which doesn't disappear after the baby's first few sucks. Your nipple comes out of the baby's mouth looking pinched or flattened on one side
When your baby is 3-4 days old and beyond you should be able to hear your baby swallowing frequently during the feed	You cannot tell if your baby is swallowing any milk when your baby is 3-4 days old and beyond
	You think your baby needs a dummy
	You feel you need to give your baby formula milk

# Your breastfeeding diary

## On the day your baby is born

- Skin to skin contact is recommended for one hour after birth or your until baby has had their first breastfeed. Make sure when holding your baby skin to skin you can always see their face and their chin is not on their chest. This will make sure your baby's breathing is not restricted.
- A feed should be pain free, with your baby attached well at the breast with good sucking. Please ask for this to be assessed if you are 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.

## On the day your baby is born

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	
_____ am			
_____ pm	L	R	
_____ am			
_____ pm	L	R	
_____ am			
_____ pm	L	R	

Wet \_\_\_\_\_ Dirty \_\_\_\_\_

Colour of poos \_\_\_\_\_

## Nappies

The contents of your baby's nappies will change during the first week. These changes will help you know if feeding is going well.

Speak to your midwife if you have any concerns

Baby's age	Wet nappies	Dirty nappies
<b>Day of birth</b>	Small amounts of urine that may contain "rust" coloured spots of concentrated urine.	1 or more dark green/black 'tar like' stool called meconium
<b>1-2 days old</b>	1-2 or more per day urates may be present*	1 or more dark green/black 'tar like' stool called meconium
<b>3-4 days old</b>	3 or more per day nappies feel heavier	At least 2, changing in colour and consistency – brown/green/yellow, becoming looser ('changing stool')
<b>5-6 days old</b>	5 or more Heavy wet**	At least 2, yellow; may be quite watery
<b>7 days to 28 days old</b>	6 or more heavy wet	At least 2, at least the size of a £2 coin yellow and watery, 'seedy' appearance

\*Urates are a dark pink/red substance that many babies pass in the first couple of days. At this age they are not a problem, however if they go beyond the first couple of days you should tell your midwife as that may be a sign that your baby is not getting enough milk.

\*\* With disposable nappies it is often hard to tell if they are wet. Some brands of disposable nappy have a yellow line at the front which will go green/blue when it is in contact with urine. This can be helpful if you are unsure if your baby is having wet as well as dirty nappies.

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# 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 5 minutes to 40 minutes. Therefore, it is important to watch your baby for signs of really good drinking rather than just watching the clock.

## Day 1 – 2

- Enjoy skin to skin contact with your baby whenever you can to help your milk supply, bond with baby and to soothe your baby if s/he is unsettled.
- It is extremely normal for your baby to want to be held constantly during this time.
- Encourage your baby to feed frequently day and night, with no more than six hours between feeds.
- If your baby feeds very frequently, this may be described as 'cluster feeding'. Cluster feeding is very common in the early days and especially at night, when levels of your milk making hormone prolactin are higher. Your baby knows this and will feed frequently at night to encourage milk to be made.
- Breastfeeding should not be painful. Please refer to page 2 or ask for assistance if you are unsure if your baby is feeding well or you are experiencing pain while you are feeding your baby.
- It is important to avoid dummies and supplemental feeds wherever possible as these may affect your milk supply.

### Day one

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

### Day two

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_



# Your breastfeeding diary

## How you and your midwife can recognise that your baby is feeding well

You will have an appointment a midwife or maternity support worker and that your baby will be weighed during this appointment. Please complete this self assessment form when your baby is 5 days old (before your midwife appointment)

Date .....	Yes / No	
<b>What to look for/ask about</b>		
<b>Your baby:</b> has at least 8–12 feeds in 24 hours		If you have answered 'no' to any of these questions your midwife will observe you feeding your baby and develop a care plan which will include revisiting attachment and positioning and/or referring you and your baby for additional specialist support.
is generally calm and relaxed when feeding and content after most feeds		
will take deep rhythmic sucks and you will hear swallowing		
will generally feed for between 5 and 40 minutes and will come off the breast spontaneously		
has a normal skin colour and is alert and waking for feeds		
has not lost more than 10% of their birth weight		
<b>Your baby's nappies:</b> at least 5-6 heavy, wet nappies in 24 hours		Midwifery review
at least 2 dirty nappies in 24 hours (usually more), your baby's poo should be yellow, runny and at least the size of a £2 coin.		Date.....
		Signature.....
		Feed observed Yes / No
<b>Your breasts:</b> breasts and nipples are comfortable		Care plan commenced Yes / No (please refer to page 11 of this booklet)
nipples are the same shape at the end of the feed as the start		
How using a dummy/nipple shields/infant formula can impact on breastfeeding		

# 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, others 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 more night feeds which are important to maintain a good milk supply.

### Day five

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

### Day six

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

# Your breastfeeding diary

## Responsive breastfeeding

Responsive breastfeeding supports the development of a close, loving relationship between you and your baby.

It means putting your baby to your breast whenever you want or when:

- baby shows feeding cues
- baby is distressed or lonely
- your breasts are full
- you simply want to sit down and cuddle your baby.

For more information visit [www.unicef.org.uk](http://www.unicef.org.uk) and search for 'responsive breastfeeding'.

### Day seven

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

### Day eight

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_



# Your breastfeeding diary

## Well done for getting to 10 days

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

For details of where to access breastfeeding help and support please see page 12.

### Day nine

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

### Day ten

_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ am		
_____ pm	L	R
_____ 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 \_\_\_\_\_

# Your breastfeeding diary

## How you and your midwife can recognise that your baby is feeding well

Please complete this additional self assessment form if you are asked to do so by your midwife or maternity care assistant. A care plan for you and your baby will be discussed with you.

Date .....	Yes / No		
<b>What to look for/ask about</b>			<b>This assessment tool was developed for use on or around day 5. If used at other times:</b>
<b>Your baby:</b> has at least 8–12 feeds in 24 hours		If you have answered 'no' to any of these questions your midwife will observe you feeding your baby and develop a care plan which will include revisiting attachment and positioning and/or referring you and your baby for additional specialist support.	<b>Wet nappies:</b>  Day 1-2 = 1-2 or more in 24 hours Day 3-4 = 3-4 or more in 24 hours heavier Day 6 onwards = 6 or more in 24 hours heavy
is generally calm and relaxed when feeding and content after most feeds			
will take deep rhythmic sucks and you will hear swallowing			
will generally feed for between 5 and 40 minutes and will come off the breast spontaneously			
has a normal skin colour and is alert and waking for feeds			
has not lost more than 10% of their birth weight			
<b>Your baby's nappies:</b> at least 5-6 heavy, wet nappies in 24 hours		Midwifery review  Date.....	<b>Stools / dirty nappies:</b>  Day 1-2 = 1 or more in 24 hours Day 3-4 = 2 (preferably more) in 24 hours changing stools
at least 2 dirty nappies in 24 hours (usually more), your baby's poo should be yellow, runny and at least the size of a £2 coin.		Signature.....  Feed observed Yes / No	
<b>Your breasts:</b> breasts and nipples are comfortable		Care plan commenced Yes / No ( please refer to page 11 of this booklet)	<b>Sucking pattern:</b> Swallows may be less audible until milk comes in at day 3-4  Feed frequency: Day 1 at least 3-4 feeds  After day 1 young babies will feed often and the pattern and number of feeds will vary from day to day.  Being responsive to your baby's need to breastfeed for food, drink, comfort and security will ensure you have a good milk supply and a secure, happy baby.
nipples are the same shape at the end of the feed as the start			
How using a dummy/nipple shields/infant formula can impact on breastfeeding			<b>Care plan commenced: Yes/No:</b>



## Infant feeding resources

Where to find help and information about feeding your baby

**Local Support** If you have any problems or questions about breastfeeding please contact Breastfeeding Babes or your local support group. For more information and a range of useful information please scan the QR code or visit our website below. You can also download the Google Classroom app and join our online 'infant feeding' workshop. You will require a specific code to access this workshop. Please speak to your midwife for more information.



**Unicef** have a range of breastfeeding information leaflets, videos and sources of support. Search online for 'Unicef support for parents' or scan the QR code.



**La Leche League** has lots of information about breastfeeding including support groups, phone support and support in different languages. Visit [www.laleche.org.uk](http://www.laleche.org.uk) or scan the QR code.



**Breastfeeding Network** has lots of information including advice about taking medications while breastfeeding. They also have an online chat facility for confidential support and advice. Search for 'Breastfeeding network' online, call 0300 100 0212 or scan the QR code.



**First Steps Nutrition** has unbiased information about infant formula milk. Search online for 'First steps nutrition' or scan the QR code.



**Global Health Media** have a range of clear and informative videos for the first few days of your baby's life covering topics including attachment, how to express and how to know your baby is getting enough milk. Use the QR code or search Global Health Media Breastfeeding



**Kellymom** has a wide range of information including breastfeeding your newborn, mastitis and increasing low milk supply. Visit [www.kellymom.com](http://www.kellymom.com) or scan the QR code.



For links to a range of helpful information visit [www.uhs.nhs.uk/feedingyourbaby](http://www.uhs.nhs.uk/feedingyourbaby)