

My Baby's Daily Record (Days 1-10)

Circle the time of day you breastfeed and diapers.

Day 1	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W	Black tarry soiled diaper: S
Day 2	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W	Brown tarry soiled diaper: S S
Day 3	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W	Green soiled diaper: S S S
Day 4	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W	Yellow soiled diaper: S S S S
Day 5	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W	Yellow soiled diaper: S S S S
Day 6	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 7	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 8	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 9	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 10	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S

If on a certain day, your baby has fewer wet diapers and/or fewer dirty diapers than listed on your breastfeeding log, contact your baby's healthcare provider or lactation consultant. This log is designed for use with a well, full-term newborn. Ask your baby's healthcare provider what you need to know about breastfeeding your premature or special-needs newborn.

My Baby's Daily Record (Days 11-20)

Circle the time of day you breastfeed and diapers.

Day 11	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 12	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 13	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 14	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 15	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 16	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 17	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 18	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 19	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S
Day 20	Goal: 8 to 12 nursings	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	Wet diaper: W W W W W W W	Yellow soiled diaper: S S S S