

Breastfeeding and Diaper Record for Baby's First Weeks

Keep this record and a pencil near you during the first weeks of your baby's life to keep track of your baby's breastfeeding's, wet diapers and bowel movements.

- **Breastfeeding's:** Circle the Bf whenever your baby breastfeeds.
- **Wet Diapers:** Circle the W whenever your baby has a wet diaper.
- **Bowel Movements:** Circle the BM whenever your baby has a bowel movement or poopy diaper.

It is OK if your baby has more breastfeeding's, wet diapers or bowel movements than the goal for the day. You can write in additional Bf's, W's or BM's. Keeping this record will help you know your baby is doing fine!

Sample: Day 3	
Breastfeedings	(Bf) (Bf) (Bf) (Bf) (Bf) (Bf) (Bf) (Bf)
Wet Diapers	(W) (W) (W) + 1
Bowel Movements	(BM) (BM) (BM)

On day three, this baby met the day's goal of at least eight breastfeeding's, three wet diapers and three brown or green bowel movements.

Day 1	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W
Today's Goal: At Least 1	
Bowel Movements	BM
Today's Goal: At least 1	
<ul style="list-style-type: none"> • Any bowel movements will be black and tarry. • The doctors and nurses at the hospital will monitor your baby's health. 	

Day 2	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W W
Today's Goal: At least 2	
Bowel Movements	BM BM
Today's Goal: At least 2	
<ul style="list-style-type: none"> • Bowel movements may be black, brown or green. • The doctors and nurses at the hospital will monitor your baby's health. 	

Breastfeeding shouldn't hurt. If you are having pain or misshaped nipples ask to speak to a lactation consultant or breastfeeding professional.

Day 3	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-	
Wet Diapers	W W W
Today's Goal: 3-5	
Bowel Movements	BM BM BM
Today's Goal: 3-4	
Bowel movements may be brown, green or yellow.	
Day 4	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W W W
Today's Goal: 3-5	
Bowel Movements	BM BM BM
Today's Goal: 3-4	
Bowel movements should be yellow and loose.	
Day 5	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W W W W
Today's Goal: 4-6	
Bowel Movements	BM BM BM BM
Today's Goal: 3-6	
Bowel movements should be yellow and loose.	
Day 6	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W W W W
Today's Goal: 4-6	
Bowel Movements	BM BM BM BM
Today's Goal: 3-6	
Bowel movements should be yellow and loose.	
Day 7	
Breastfeedings	Bf Bf Bf Bf Bf Bf Bf Bf
Today's Goal: 8-12	
Wet Diapers	W W W W
Today's Goal: 4-6	
Bowel Movements	BM BM BM BM
Today's Goal: 3-6	
Bowel movements should be yellow and loose.	

Breastfeeding and Diaper Record Continued

Day 8								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose.								
Day 9								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								
Day 10								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								
Day 11								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose.								

Day 12								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								
Day 13								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								
Day 14								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								
Day 15								
Breastfeedings Today's Goal: 8-12	Bf							
Wet Diapers Today's Goal: 4-6		W	W	W	W			
Bowel Movements Today's Goal: 3-6		BM	BM	BM	BM			
Bowel movements should be yellow and loose								



Infant Feeding Line: 352-513-6060 8am to 9pm

7 Days a week

If you have questions or concerns feel free to call **352-257-6000**, for the **Lactation Consultant.**

WIC: 352-726-5222

Healthy Start: 352-527-0068 ext. 6078