



Feeding Log for _____

Date _____

| Date/ Time | Readiness to Feed | Side | Positioning | Duration | Diaper Change | | Comments |
|---------------|--|------|--|----------|---------------|------------------------------------|--|
| | | | | | Urine | BM | |
| | Alert, Drowsy, Sleepy, Not Interested | L/R | Cuddle, Cross-Cuddle, Football Hold, Side- Lying | > 15 min | ✓ | Meconium, transition, yellow | Good P & LO, Nurse to sleep, One let down, Suck:Swallow ratio 1:1 → 4:1 |
| 12 mid | | | | | | | |
| 1am | | | | | | | |
| 2am | | | | | | | |
| 3am | | | | | | | |
| 4am | | | | | | | |
| 5am | | | | | | | |
| 6am | | | | | | | |
| 7am | | | | | | | |
| 8am | | | | | | | |
| 9am | | | | | | | |
| 10am | | | | | | | |
| 11am | | | | | | | |

****Remember:**

- Newborns should be offered the breast 8-12 times a day with the duration of feedings lasting 15-20 minutes or longer on each breast. Once latched on the first breast, allow baby to feed without time restrictions, then offer second breast.
- Baby may have a 4 hour sleep period at night only if you successfully completed 8-12 feedings during the day.
- Avoid use of supplementation, artificial nipples, and pacifier during the first 4 weeks.



Feeding Log for _____

Date _____

| Date/ Time | Readiness to Feed | Side | Positioning | Duration | Diaper Change | | Comments |
|----------------------|--|------|--|---------------------|-----------------|------------------------------------|--|
| | | | | | Urine | BM | |
| | Alert, Drowsy, Sleepy, Not Interested | L/R | Cuddle, Cross-Cuddle, Football Hold, Side- Lying | > 15 min | ✓ | Meconium, transition, yellow | Good P & LO, Nurse to sleep, One let down, Suck:Swallow ratio 1:1 → 4:1 |
| 12 noon | | | | | | | |
| 1pm | | | | | | | |
| 2pm | | | | | | | |
| 3pm | | | | | | | |
| 4pm | | | | | | | |
| 5pm | | | | | | | |
| 6pm | | | | | | | |
| 7pm | | | | | | | |
| 8pm | | | | | | | |
| 9pm | | | | | | | |
| 10pm | | | | | | | |
| 11pm | | | | | | | |
| 24 Hour Totals | | | | Nursing: minutes | Urine: times | BM's: times | EBM/Formula Supplement: cc/ oz |