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Your baby's feedings

If you're breastfeeding, use this chart to record how long your baby breastfeeds and when she has a wet or dirty diaper. (Make additional copies for future use.) Your baby's physician will want to know about her feeding and diapering habits, so take this chart with you to her next checkup.

DATE: 6 /8

FEEDINGS*			DIAPER CHANGES**
	MINUTES PER BREAST		
TIME OF DAY	LEFT	RIGHT	W=WET D=DIRTY
2:30 AM	12 min	10 min	W & D

*Average number of feedings: **8 to 12 times or more in 24 hours**
** Average number of wet diapers: **6 or more per day** Average number of dirty diapers: **3–4 or more per day**

To print additional copies, visit us online at **StartHealthyStayHealthy.com/FeedingChart**