

Breastfeeding Checklist Chart

Multiple's Name:

Date:

Time	Breastfeeding	Wet	Stool/ B.M.	Pumping (If needed)	Other Feed (If needed)	Comments
Midnight						
1 AM						
2 AM						
3AM						
4 AM						
5 AM						
6 AM						
7 AM						
8 AM						
9AM						
10 AM						
11 AM						
Noon						
1 PM						
2 PM						
3 PM						
4 PM						
5 PM						
6 PM						
7 PM						
8 PM						
9 PM						
10 PM						
11 PM						
24-Hour Goal (by 5-7 days after birth and for at least 1 st 4-6 weeks)	At least 8 to 12 (up to about 14) effective* breastfeedings (BF) /24 hours (*Effective breastfeeding = able to remove milk at breast)	5-6+	3-4+ (for at least the 1 st 4-6 weeks)	<i>If</i> baby unable to breastfeed effectively 8-12x/24 hrs, <u>pump to compensate.</u>	Only if needed for ineffective breastfeeding	Call pediatric care provider if poor feeding (often too sleepy with less than 5 min of active breastfeeding or often unsatisfied after 45 min), <u>no stools</u> and/or <u>few/scant wet diapers</u> in 24 hours.

Coding allows you to add information in each column if desired. (Or, you may simply check a column.)

- **Time:** Write in quarter or half hour if desired.
- **Breastfeeding:** How long baby fed at each breast, e.g. R=15 (min.)/L=10 (Let baby finish the first breast first; wait to switch breasts until after baby self-detaches. (Average feeding length = approximately 30min.)
- **Wet:** Degree of wetness: D=damp; S=Soaking Color: LY=light yellow; DY=dark yellow; O=orange, e.g. S,LY=soaking, light yellow (urine).
- **Stool:** Color: B=black; G=green; Y=yellow Consistency: T=tarry; L=loose; H=hard Amount: S=scant (quarter in size); M=moderate; P=profuse, e.g. YLP=yellow, loose, profuse (stool/bowel movement).
- **Pumping:** Number of minutes pumped and total amount pumped (may note amounts per R/L breasts), e.g. 20 min=R 50cc/L 65cc.
- **Other Feed:** Type of feed: EBM=expressed breastmilk; Formula=F Amount in cc or oz How fed: BoF=bottle-feed; FF=finger-feed; SF=syringe-feed; T@Br=tube at breast (or SNS, etc.), e.g. 45cc EBM, BoF.

Frequent contact with an International Board Certified Lactation Consultant (IBCLC) and/or experienced breastfeeding support and appropriate pediatric care provider is advised when breastfeeding or diaper counts do not meet goals or when pumping (milk expression) and/or other feedings are needed for ineffective breastfeeding.