

Baby's Daily Log

Keep track of your newborn's eating habits and daily output to share with your baby's doctor. This will help your baby's doctor determine whether your baby is getting enough to eat and whether any changes might be needed.

1. Enter the date in each box.
2. Enter the time of each feeding.
3. If you are breastfeeding, circle the starting side (Left/Right). It is generally recommended to alternate starting breast with each feeding.
4. If you are bottle-feeding, enter the amount baby consumes in fluid ounces.
5. Add a check for each wet diaper or bowel movement. Track additional wet diapers or bowel movements in comments, if needed.

DATE:												
Feeding Time	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:
Side of Breast Feedings Started (If Breastfed)	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right
Amount per Feeding (If Bottle-Fed)	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz
Number of Wet Diapers												
Number of Bowel Movements												
Comments:												

DATE:												
Feeding Time	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:	__:
Side of Breast Feedings Started (If Breastfed)	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right	Left/Right
Amount per Feeding (If Bottle-Fed)	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz	__ fl oz
Number of Wet Diapers												
Number of Bowel Movements												
Comments:												

Guide to Feeding

In the early weeks, feeding cues can be hard to figure out. Avoid schedules. Remember that every baby's signals are different. Watch and listen for typical feeding cues, such as rooting, hand-to-mouth movements, and small sounds.

Here are some general guidelines for how often:

- From the start of one feed to the start of the next, feed every 1.5–3 hours.
- If direct breastfeeding, a general guideline is to allow 10–20 minutes on each breast per feeding. Let your baby, not the clock, determine how long a feeding lasts.
- For bottle-feeding, you may refer to the table below. Keep in mind, these are just averages.
- If you have questions about your baby's intake, talk with your baby's doctor.

How Old?	How Much? Per feeding	How Often? Feedings per day
Birth–1 week	2–3 fl oz	6–10
1 week–1 month	2–4 fl oz	7–8
1–3 months	4–5 fl oz	5–6
3–6 months	6–7 fl oz	4–5
6–9 months	7–8 fl oz	3–4
9–12 months	7–8 fl oz	3